

SCHOLASTIC COACH



MAY - 1934



PRICE

25c





ALL Spalding footballs come in the new official size, this year!

YES—all Spalding footballs are the new official size, this year. But this slight change in size is the *only* change. The Spalding J5V is the *same* great ball that it has always been—the ball that is used in more big grid contests than all others.

Spring practice reports from all over the country enthusiastically approve the new-sized J5V. Coaches and players alike say this is the best ball Spalding has ever made.

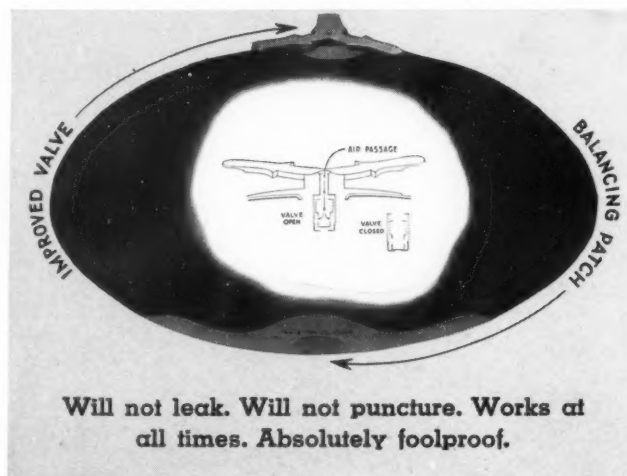
It has the famous balancing patch that counter-balances the valve—and that makes the ball easier to control, easier to catch, and more accurate on kicks.

It also has the valve that just *can't* leak—that's free from the danger of bladder punctures because of its special method of inflation. And it will *outwear* any other ball made!

For prep and high school play, the *Spalding H5V*—brother to the J5V—is *the* ball. It's *regulation* in size and weight and has a double-lining to *keep* regulation. And it, too, has the balanced bladder.

Have your Spalding dealer, or Spalding store, show you these great balls *in the new size*—and the entire Spalding football line.

DID YOU KNOW That Spalding made the first football ever made in this country?



A. G. Spalding & Bros.
© 1934, A. G. S. & BROS.
FOOTBALL EQUIPMENT

IT LOOKS AS IF THAT WORTLE BOY WILL HAVE TO QUIT PICKING ON JIMMY



Like the Wortle Boy

**we can't quite believe it ourselves
... and so we hasten to explain**

WE don't want to claim *too* much for our Post's 40% Bran Flakes . . . But who can control the gusto of an artist like Mr. Fox!

For ourselves, we are content to say: Here is an unusually delicious cereal that you certainly ought to try without delay if you lack "git up and go"—if you are feeling logy, headachy and generally not quite up to par.

Such a condition is frequently due to a sluggish intestine. And lack of bulk in the diet is very frequently the cause.

Post's 40% Bran Flakes With

Other Parts of Wheat contains bran to supply this bulk. To give you the bulk that is needed to keep food wastes moving naturally, easily, along the intestinal tract—to promote normal elimination.

Why not try it every morning for awhile? It may make a big difference in the way you feel.

And you'll vote it one of the finest tasting cereals that ever brightened up your breakfast table! Just try it with fruit or berries! You can get Post's 40% Bran Flakes at all grocers. And it costs so little! A product of General Foods.



GEORGIA COLEMAN DIVES into a bag of delicious Planters whenever she feels hungry! "A swimmer has to keep trim," this graceful Olympic star declares. "Planters are so delicate—always so fresh and crunchy—they're my favorite between-meals nibble."

BILL TILDEN SMASHES that between-meals hungry feeling with Planters Peanuts! "I certainly do nibble between meals," explains this great tennis star. "I've found that Planters, with their crisp, fresh flavor, satisfy without weighing me down or slowing me up."

LOU GEHRIG WHANGS OUT that empty feeling quick! "You can't play Big League Baseball unless you're fit," the Yankee first baseman tells the world. "But you sure get hungry between meals. Those crisp Planters salted Peanuts sure strike out that between-meals empty feeling, but don't make you feel 'heavy.' They're roasted and salted to a T."

**Roasted, Salted a secret way,
Planters are Crisp, Delicious
...and Extremely Digestible!**

UM-M-M . . . they're good! Yes—and good for you! Peanuts "burn up" completely inside you into energy. They're extremely digestible—when fresh.

And Planters are fresh! The plumpest choice "Virginias"—selected—roasted and salted our own *secret way*—they're rushed out under refrigeration to keep that delicate flavor and fresh crunchiness you love.

You'll be crazy about them. Get a bag!

ALL 4 main food elements (proteins, carbohydrates, vegetable oils, minerals) are supplied by Planters Peanuts, in perfect proportions. That's why they give such energy, are so digestible. (Made by world's largest roasters and salters of peanuts.)

PLANTERS FRESH *Peanuts* **5¢**
ROASTED SALTED

SCHOLASTIC COACH

Reg. U.S. Pat. Off.

IN THIS ISSUE

| | |
|---|----------------------|
| HERE BELOW | 5 |
| SO THIS IS RUGBY | 7 |
| By Reagan McCrary | |
| PLENTY OF ROOM ABOVE | 9 |
| By David L. Holmes | |
| THE CUNNINGHAM MILE | 11 |
| By J. P. Abramson | |
| NATIONAL HIGH SCHOOL BASKETBALL REVIEW | 12 |
| CURIOSITIES IN THE ATHLETE'S DIET | 15 |
| By Peter V. Karpovich | |
| TRACK AND FIELD RECORDS | 16 |
| ADJUSTABLE BASE FOR VAULTING STANDARDS | 17 |
| By A. M. Barron | |
| WINNING SYSTEM | 19 |
| By George W. Scott | |
| RHYTHM AND PRECISION IN DIVING | 23 |
| By Frederick A. Sponberg | |
| LETTERS TO THE EDITOR | 27 |
| BASKETBALL RULES CHANGES | 28 |
| BASKETBALL COACHES' MEETING | 28 |
| By George R. Edwards | |
| NATIONAL HIGH SCHOOL FRONT | 32 |
| NEW BOOKS ON THE SPORTSHELF | 44 |
| VOL. 3, No. 9 | JACK LIPPERT, Editor |

Scholastic Coach is issued monthly nine times during the academic year (September through May) by Scholastic Corporation, M. R. Robinson, president. Publishers of *Scholastic*, national high school classroom weekly.

Address all editorial and advertising communications to Scholastic Coach, 155 East 44th Street, New York, N. Y.

G. Herbert McCracken, publisher; S. Z. Oppenheim, advertising manager. Western advertising representatives: Ewing Hutchison, 35 East Wacker Drive, Chicago, Ill.

Subscriptions for the United States, \$1 a season (September through May). In Canada, \$2. All correspondence concerning subscriptions and circulation should be addressed to Circulation Department, Chamber of Commerce Bldg., Pittsburgh, Penna.

The entire contents of Scholastic Coach are protected by copyright.

EDITORIAL ADVISORY BOARD—C. W. WHITTEN, Secretary-treasurer, National Federation of State High School Athletic Associations; ETHEL PERRIN, Vice-chairman of the Executive Committee, Women's Division, National Amateur Athletic Federation; WILLIAM BURDICK, M.D., Director, Playground Athletic League, Baltimore; WILBUR DALZELL, Director of Athletics, Dubuque, Iowa, Senior High School; DANIEL CHASE, Sportsmanship Brotherhood; CHARLES S. DAVIS, Superintendent of Public Schools, Steelton, Penna.; L. L. FORSYTHE, Principal, Ann Arbor, Mich., High School; ROBERT H. HAGER, Supervisor of Physical Education, Tacoma, Wash., Public Schools; JAMES E. MANSFIELD, Athletic Director, Haverhill, Mass., High School; JAMES EDWARD ROGERS, Secretary, National Physical Education Service of the National Recreation Association, and of the Department of School Health and Physical Education of the National Education Association; LEWIS W. SMITH, Superintendent, Berkeley, Calif., Public Schools; WALTER B. SPENCER, President, Connecticut Interscholastic Athletic Conference; E. R. STEVENS, President, National Federation of State High School Athletic Associations; R. W. TRUSCOTT, Commissioner, Colorado High School Athletic Conference; W. H. YARBROUGH, Principal, Peabody Demonstration School, Nashville, Tenn.

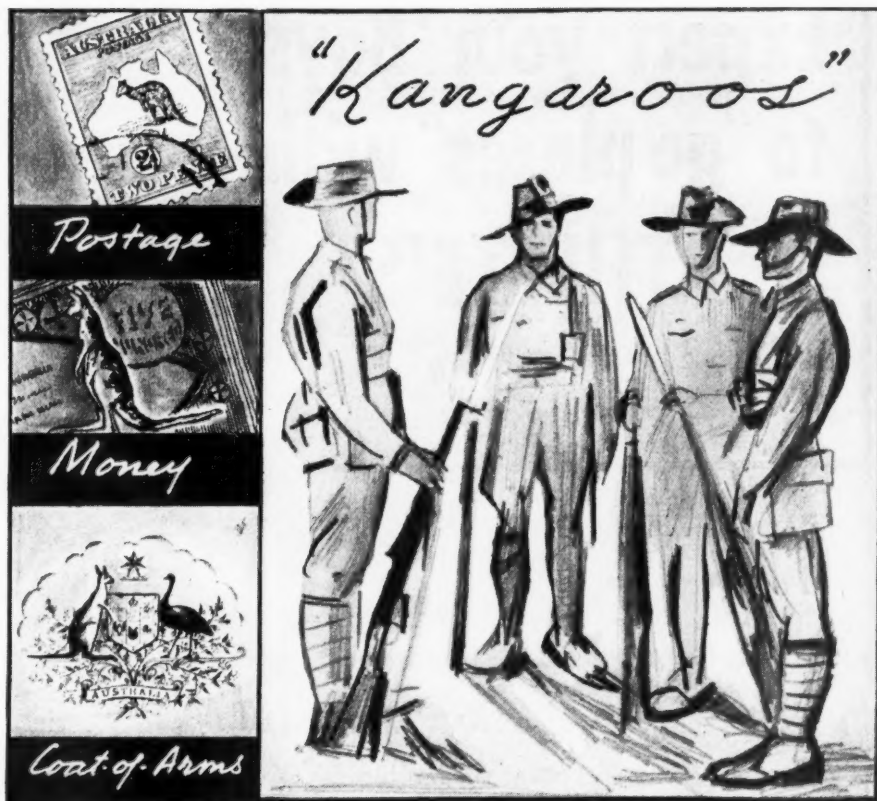
SPORTSMANSHIP BROTHERHOOD, Inc., an organization fostering sportsmanship in athletics throughout the world, uses Scholastic Coach as its official publication. Sportsmanship Brotherhood national headquarters, Room 369, McAlpin Hotel, New York, N. Y., Daniel Chase, Executive Secretary.

Scholastic Coach is a member of the Controlled Circulation Audit, a bureau for examining and auditing circulation figures for the protection of advertisers.



Coach advertisers receive incontrovertible evidence of the circulation they are paying for.

★ ★ ★ WITH HONOR IN HIS OWN COUNTRY



"WAY DOWN UNDER" (as an Australian would say in his slow, Texas-like drawl), the Kangaroo is an honored symbol of Britain's distant Commonwealth. It is on Australia's Coat-of-Arms, their postage stamps, their paper currency. The Kangaroo is featured in national advertisements, it has been the name given to travelling football teams, and was a nickname for Australia's World War soldiers.

Kangaroo is honored in America, too. Almost without exception, Champions of every sport in which supple leather footwear is important, insist upon this superb leather . . . for very definite reasons.

Athletes *must* have safety in their footwear. They like to have *lightweight*, for speed and subtle foot work. Actual tests in the laboratories of M. I. T. have proved that Kangaroo is 17% stronger, weight for weight, than the next strongest shoe leather; a real safeguard against the punishment footwear takes from the jerks and wrenches, the quick turns and sudden starts of modern competitive sports. But in addition to its strength Kangaroo is featherlight, soft and pliable. It relieves the feet of excess ounces, makes possible that split second of extra speed so vital in championship events.

For *power to win*, be sure your varsity wears Kangaroo. For *safety*, equip all of your teams with Kangaroo—jayvees, scrub and dormitory teams as well as the varsity. And when ordering athletic footwear, remember that "kangaroo horse," "kangaroo sides," and "kangaroo calf" are *not* Kangaroo.

Australian KANGAROO tanned in AMERICA

Expect your boys to "go places" with ATHLETE'S FOOT?

IF YOUR BOYS are to do their best "out there" they must have healthy feet. All coaches realize this. They don't expect a boy with Athlete's Foot to be at the point of maximum efficiency. Why, then, take any chance of his losing when it is in your power to help him clear the trouble up?

ZONITE KILLS ORGANISMS

Athlete's Foot can be caused by any one of several varieties of fungus. Technically, these small growing parasites are not "germs," though their action is similar to that of germs. These "ringworm" parasites work into the skin and become embedded in the tissue. Zonite easily *kills* these ringworm organisms on contact just as it kills germs.

A daily routine for treatment and suggestions for precautionary measures are given in the booklet, "Athlete's Foot." Every boy should have a copy for his own use.



WRITE FOR BOTTLE OF ZONITE AND
COPIES OF BOOKLET "ATHLETE'S FOOT"

*Complete directions here for
boys to follow. Just specify
how many copies you want.*

ZONITE PRODUCTS CORPORATION
Chrysler Building, New York, N. Y.



HERE BELOW

THE recent visit* of the Cambridge University rugby team has attracted the public eye to a branch of football that seems to be undergoing something of a revival in this country. Of course, rugby has been played in the United States for some time: in fact, our own game evolved from rugby.

Rugby (rugger), American football and association (soccer) are all descended from the same mauling game the Romans planted in England long before there were written rules to dignify the proceedings. For years unnumbered the game was played mainly with the feet. The oft-told tale of the Rugby schoolboy named Ellis who in 1823 brazenly caught the ball in his hands and ran with it dramatizes the break from the old game of football into the patterns from which have evolved the three popular styles of football played today.

Association and rugby have become truly international. Their appeal is universal, and even in the United States, where our own distinctive and well-plotted brand of football has such a firm hold on the fancy of the people, we find our schools turning to soccer and rugby (and several offshoots known as touch football and speedball) when it is player-recreation that is particularly desired.

Rugby's advantages as a tackling game for recreational purposes may be summed up as follows:

1. It can be played with enjoyment and relative safety without long team preparation and drills.
2. It permits every player on the side to participate in the manipulation of the ball.
3. There is no blocking nor interference.
4. The players' wearing apparel is light.

5. The ball is anybody's when loose (which is most of the time) to kick it, run with it, pass it or foot-dribble it, as he pleases at any time. The player in possession may run with it, drop-kick or punt it on the run, foot-dribble it, pass it, or simply drop it. Rugby passes must be lateral or backward. On being tackled, if he cannot pass the ball, he drops it, behind him if possible. The penalty for being tackled and downed with the ball still in possession is a penalty kick for the opposition.

6. Owing to the absence of blocking and interference, and because of the different character of the tackling, rugby football entails less hard, bruising, massed bodily contact than American football. The tackling is higher, and therefore less dangerous to both tackler and tacklee.† The reason it is higher is because the tackler must attempt to smother the pass as well as stop the passer (the ball-carrier). In rugby the ball-carrier may pass the ball even while stopped in the grip of the tackler.‡ The ball-carrier usually makes his pass or kick before the tackler lays on hand. Yet the tackler has to go through with his tackling maneuver to a certain, convincing point, for if he does not do so the ball-carrier would merely fake a pass and, with a swerve, go sailing on. So, the tackler hits him high in an attempt to smother the pass, which attempt usually fails. But as he hits him and grabs him, the tackler realizes that the ball has either been passed or dropped, and so the tackler—if he is a sportsman—will "pull his punch," instead of trying to wreck the man in his grip by slinging him hard to the ground.

*Made possible through the enterprise and cooperation of The Sportsman's Brotherhood.

†The comparative safety of above-the-knees tackling is one of the points established by Dr. Marvin A. Stevens and Dr. Winthrop M. Phelps in their recent book *The Control of Football Injuries*.

‡In American football the ball-carrier may lateral-pass the ball until "his forward progress is stopped." American coaches have not developed the open field lateral pass as common tactics because they prefer to use the potential pass-receivers as blockers.

Allison Danzig, *New York Times* football expert, does not concur with our opinion that the bodily contact in rugby is less demanding than it is in our own game. In a fine tribute to rugby, he writes:

"It has been sufficiently demonstrated by the tour of the Cantabs that rugby is a game calling for skill equal to that in inter-collegiate football, a game filled with kaleidoscopic action that ranges all over the field incessantly and that puts a premium upon courage in bruising body contact no less than does our own college game."

Dr. Bilik's letter

ELSEWHERE in this issue we are publishing a communication from Dr. S. E. Bilik, criticizing our stand on Lawson Robertson's *Saturday Evening Post* article, "Burning Up Boyhood."

In rebuttal, we offer the following evidence from the editorial in question, with additional comment:

The term "athletic heart" did not appear in the editorial. Scholastic Coach is well aware that the athletic heart myth has been exploded. The editorial stated that it is usually not proved that athletics is the cause of physical infirmities that have been known to wreck the lives of high school athletes. Scholastic Coach still believes, however, that the health of innumerable (meaning, in this instance, incapable of being counted) high school athletes has been impaired by the demands of their athletic program. Dr. Bilik himself admits that "every now and then we hear of exceptions, isolated instances of idiotic, unethical, brutal misuse of promising youngsters . . ." These are the very instances Scholastic Coach refers to!—the difference between Dr. Bilik's charge and ours being one of quantity rather than of kind. It is merely that Scholastic Coach believes these cases to be less exceptional and isolated than Dr. Bilik believes them to be.

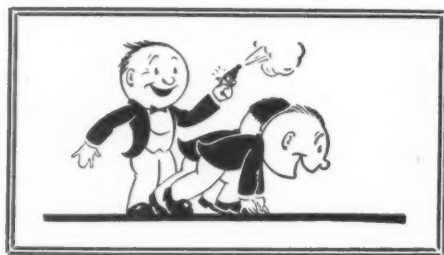
Scholastic Coach, as its readers know, is unwavering in its support of athletics in the high school. We believe that the program of athletics as now conducted in most high schools renders an incalculable service to the physical and mental health of the students. We stated in the editorial in question that state high school athletic associations and school medical and physical education authorities are at work correcting the evils and imperfections of the athletic programs. This was one of the prime reasons for organizing the state high school athletic associations and their parent body, the National Federation. Their work toward making high school athletics a healthier experience for students will go on. Their Utopia is not just around the corner.

As for something that may constitute "bad lungs," we refer to the report of a special committee of the Indiana Medical Association appointed to investigate the relation of high school athletics in Indiana to student health:

"We have details of three recent tragic examples. One young man played four years high school and four years college basketball. He now has active tuberculosis with positive sputum, hemorrhages, and a cavity. Another died from a very acute tuberculosis after four years of active high school basketball. Another died with advanced nephritis with high blood creatinine and non-protein nitrogen after four years of activity in high school sports. While these same diseases occur more often in young men who have not participated in any form of athletics our attention is focused more intently upon the athletes because of the publicity these cases receive. It should be possible to protect the physically fit and athletically capable boys from these fatal outcomes by closer supervision." [Continued on next page]

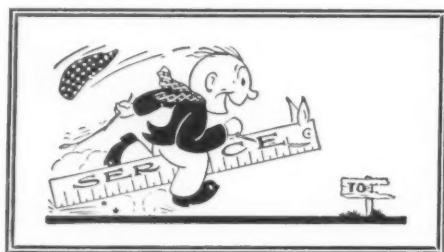


Cambridge Player Dribbling

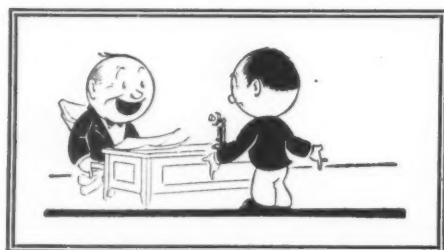


THEY ARE OFF

As fine a group of Salesmen as ever represented any business concern, are starting on their "LAST ROUND UP" before Schools and Colleges close for the summer.



They are ready to pack up your **SPRING PRACTICE FOOTBALL TOGS—BASEBALL MATERIAL** or any other kind of equipment which you will need in the fall. THEY BRING **IVORY SYSTEM SERVICE TO YOUR DOOR.**



Your Equipment will be safe—in the care of these experienced men—they know all the ins and outs of this Reconditioning Business, and are backed to the limit by THE OLDEST, LARGEST and FOREMOST BUSINESS OF ITS KIND.

**THE
IVORY SYSTEM**
Reconditioners of Athletic Equipment
SALEM, MASS.

We think it is not too much to say that the athletic programs of these particular boys were not good for them. These boys were not physically fit when they started out, or they became unfit at some unknown point in their athletic careers. The Indiana doctors echo the cry of all who are interested in the health of school athletes: *Closer supervision*. Scholastic Coach maintains that "closer supervision" involves, in addition to frequent physical examinations of the participants, frequent examinations of the programs so that it can be determined, as nearly as possible, when the program is abusing the boy.

What this whole discussion needs, of course, is a definition of the term "burned out." Our editorial plans for next year call for further inquiry into the meaning of the term.

Dr. Brown's recommendation

IN line with this protest from Dr. Bilik, who is director of physical therapy at the Bellevue Hospital in New York, and former trainer at the University of Illinois, we present the following from an editorial by Dr. John Brown, Jr., also an M.D., in the April issue of *The Journal of Physical Education* (not to be confused with *The Journal of Health and Physical Education*):

"'Burning Up Boyhood' is the rather startling title of an article in the February 24, 1934, *Saturday Evening Post* by Lawson Robertson, trainer and coach, University of Pennsylvania, and American Olympic teams. This should be read by every coach and physical director in the country. As a matter of fact, it should be put into the hands of every parent and teacher; for this reason we are glad that it appeared in a popular weekly rather than in one of our athletic or physical education journals. In calling attention to the evils attendant upon the over-training of our high school boys, Mr. Robertson states, 'The danger point is the dividing line between the amount of exercise that is good for you and the amount that is too much; between the development of both physical and vital strength and the development of the former at the expense of the latter.'

"The practical proposal of Mr. Robertson to prevent this tendency to over-train is worthy of serious consideration by those responsible for athletic policies in all institutions."

Dr. Prohaska's comment

IN the *Connecticut Interscholastic Athletic Conference Bulletin* for May, Dr. Charles J. Prohaska of the State Department of Education, writes:

"'Burning Up Boyhood' . . . a noteworthy article. Coach Robertson condemns the 'system of athletic coaching and training that is in vogue in our lower institutions of learning where it is applied to boys who are in their formative period of life.' At the close of the article we find this statement by Sir Arbuthnot Lane: 'You cannot overwork a healthy heart,' 'but,' concludes Coach Robertson, 'you've first got to make that heart healthy and this is something to be done in the formative period of life, in the adolescent stage of school boyhood.'

"It is a job for the physical education departments of the public schools."

SO THIS IS RUGBY

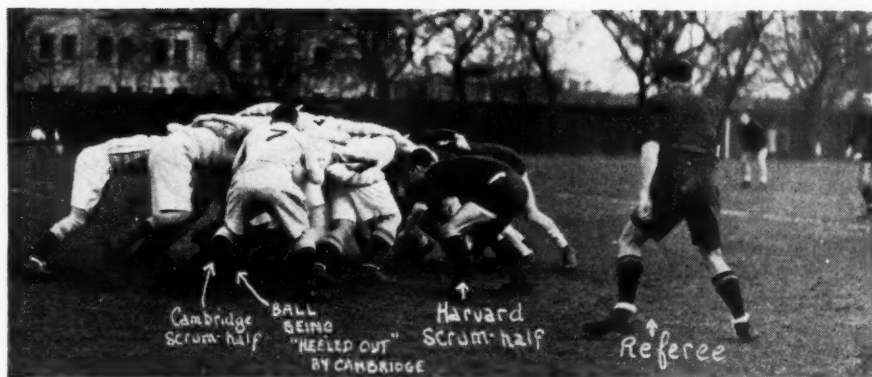
By Reagan McCrary

WHEN the Cambridge University rugby 15 left America last month with four victories over American teams (Harvard, Princeton, Yale and a picked Eastern 15), and quite a few pages of publicity to measure the success of their missionary venture, rugby's backers in the United States relaxed with the satisfaction of knowing that their game had been introduced and called to the attention of sports leaders, coaches and others in a position to appraise the value of rugby in educational institutions.

Of course, rugby has not gone neglected in the United States. There are five flourishing Rugby Unions in this country—the California Union, the Southern California Union, the Mississippi Valley Union, the Illinois Union, and the newly formed Eastern Union. It is estimated that approximately fifty colleges, high schools and clubs have rugby teams as representative, varsity teams. There is no estimate available of the number of the schools and clubs playing rugby intramurally and informally. It is this development of the game that will come, I believe, at a rapid rate during the next few years. School athletic directors and coaches are realizing more than ever the need for some lighter game than American football suitable for all boys as participants. The merits of rugby as a conditioner for American football have been recognized by numerous college coaches. But rugby can stand on its own as a game, and need never be justified because it is a conditioner for some other game.

A study of the rugby offense will demonstrate that the game develops initiative rather than discipline as our football does. But rugger's products are no bumptious boys, for the good reason that unselfishness is demanded of a rugby player even more than initiative.

Just as in our own football, running with the ball is the keystone of the



A SCRUM IN THE RECENT CAMBRIDGE-HARVARD GAME PLAYED IN NEW YORK

rugger attack. But there can be no interference for the runner in rugger. A few triple-threat men are a great help to a team in our game, but it is essential that every man on a rugby 15 should be a triple-threat man—run, kick, and pass.

Running in rugger is much the same as it is in our game. But there are pertinent differences. Any man of either team may run with the ball, or do anything else with it he desires that is legal. The rugger player may give the straight-arm to an approaching tackler. The rugby term for straight-arm is "hand-off." So, in rugby, instead of seeing the ball-carrier run until downed with the ball in his possession as in American football, you see the ball-carrier dispose of the ball in some way (pass it or kick it) before he is downed by a tackler. Should the tackler succeed in downing the ball-carrier before the latter can successfully pass or kick the ball, the ball-carrier must drop the ball, for it is a foul to be downed with the ball in possession.

It is plain, then, that with this continuous-play feature, broken into only by the ball going out of bounds "into touch," by a score or the declaration of a scrum or a penalty kick by the referee, rugby's major difference from the American game is in the absence of the series of downs with ten yards to go. There is always goal to go in rugby, and with the ball being any-

body's at any time (except that it may not be deliberately seized from a player in possession) rugby could not possibly be played on a ten-yards-to-go basis, any more than soccer could.

There can be no forward passes in rugger but the lateral or backward pass is as essential to a running attack as a good pair of legs. If the runner finds himself cornered, he can "hand-off" the tacklers, or try to dodge through them, but his safest bet is the lateral or backward pass. Any man running with the ball may pass, even after he is tackled and falling, to any man on his side who is even with or behind the passer. This feature of rugby play takes the place of interference, which raises a question about our own game: If a runner in our own football has one interferer in front of him to take out one or more tacklers, wouldn't that interferer be more valuable *behind* the runner as a pass receiver? * Therein lies the basis of the wide open play of rugger: The runner may be stopped but the ball keeps

*As Mr. McCrary no doubt knows, this formation, with a "safety" or "emergency" lateral-pass receiver trailing the ball-carrier into the open field has been attempted from time to time by American football teams, but this type of semi-spontaneous passing never got very far because of the great advantage of possession of the ball in the American game. American teams are not willing to risk loss of the ball by fumble, or otherwise, in the open field, but prefer to go down with it, because when they go down with it it is still theirs. When a rugby player goes down with the ball in his possession the ball is taken away from his side and given to the opponents for a penalty kick.

LEFT: CAMBRIDGE MAN, TACKLED LOW BY HARVARD, PREPARING TO PASS. RIGHT: CAMBRIDGE MAN RECEIVING PASS ON RUN.



moving. Thus, the strategists of the game have developed "string-out" formations of anywhere from two to five players forming, in a long staggered line, out to the side of the ball-carrier, each player a few strides behind the other.

Kicking in rugby is divided into four classes. Punting serves the same purpose in rugby and in football: Punt to get out of a hole. But rugby punting is done on the run, with either foot, without any protection, and always with the idea of finding touch (kicking out of bounds).

The technique of the drop-kick is much the same as in our game, except that in rugby the drop-kicking is usually done on the run, with either foot, and for distances that would make an American quarter-back shudder. Perhaps the shape of the rugby ball can account for the development of the drop-kick in rugby. The rugby ball is fatter than ours,[†] much like the American football after it had swelled on a wet day back in 1915. That football adds a great deal of accuracy to a running rugby drop-kick. In rugby placement-kicks the ball is pointed toward the goal instead of toward the kicker. The fat rugby ball also makes it possible to dribble the ball with the foot.

Dribbling with the foot in rugby explains itself—it is like dribbling in soccer, except that the rugby ball is not so well-behaved as the soccer ball; yet it is much better-behaved than the modern American football. Whenever the ball is on the ground it is free for any man on the field who is not off-side to play with his feet. It may be dribbled right across the goal and touched down to score a try.

The defensive tactics of rugby are essentially those of our own game. A running attack is stopped by tackling,

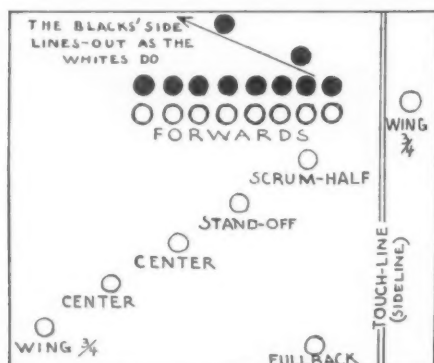


Diagram B: Pattern of the lineout

but the rugby tackle should be high enough to pinion the runner's arms or hard enough to spoil the accuracy of his lateral pass when he is tackled. The other defensive play in rugby is the kick for touch (out of bounds).

[†]Ours is skinnier than ever for 1934. See the picture on page 30.

The Rugger Language

IN-GOAL: At least ten yards of space behind the goal-line, corresponding to our end-zone, in which the ball is touched down to score a try.

DEAD-BALL LINE: The back line of the in-goal space. If the ball goes past this line, either kicked or carried to the ground, it is declared a DEAD BALL.

TOUCH-DOWN: If a player touches the ball to the ground in his own in-goal, he makes a touch-down, corresponding to our safety. No score.

DROP-OUT: After a touch-down is made or the ball is down past the dead-ball line, the ball is put into play by a kickoff from inside the twenty-five yard line.

TOUCH: When the ball goes over the sidelines it "goes into touch" and a lineout is called.

"FEET": When the ball is free on the ground among a lot of players, the cry is "Feet" and the ball is dribbled with the feet as in soccer.

SCRUM: The two packs of forwards locked shoulder-to-hip that butt against each other.

HOOKE: Is that middle man in the front row of a pack of forwards in a scrum whose duty it is to hook the ball with his heels and start it back under his second and third row forwards.

TRY: Is scored when the ball is carried or dribbled over the goal-line and touched down in-goal. 3 points.

DROPPED-GOAL: Is scored by a drop-kick on the run. 4 points.

GOAL-AFTER-TRY: After a try is scored, the ball is brought out directly from the place where it was touched down in-goal and a place-kick is made corresponding to our point-after-touchdown to score two points.

PENALTY GOAL: Infringement of the Rugby laws draws a PENALTY KICK, that is taken from point of infringement by a free drop-kick, punt, or placement. If the drop-kick or placement scores a field-goal, it is called a penalty goal and scores three points.

MARK: To signal a fair-catch as in our game, a player digs his heel into the turf to make a mark and cries "Mark" to earn a free kick.

KNOCK-ON: Is called when the ball is knocked forward with the hands or arms and the referee calls for a scrum.

HANDS-IN-THE-SCRUM: Is called when a player touches the ball with his hands while it is still in the scrum. This infringement draws a penalty kick.

FEET-UP: Is called when a forward lifts his feet to hook before the ball is past the feet of the outside front row forwards. This infringement draws a penalty kick.

HAND-OFF: Is the equivalent of the American straight-arm. It is legal.

OFF-SIDE: A player is off-side when he takes part in the game in any way while the ball is being kicked, carried, or handled by one of his players behind him.

ON-SIDE: An off-side player is put on-side when the ball is put into play for at least five yards in front of him, or when his own player that put him off-side has passed in front of him.

The penalty kicks in rugby, corresponding to the free shots at the goal in polo and basketball, are taken from the point of infringement by a punt, drop-kick, or place-kick. Inside of the centerfield mark, the penalty kick is usually a placement shot at the cross-bars of the goal posts. There are no yardage penalties in rugby, for the reason that yardage advantage means nothing in the game. One referee handles the whole game with the aid of two touch-judges who merely mark the spot where the ball goes into touch, just as the field judge in American football does in marking the spot where the ball goes out-of-bounds. The law of advantage rules the judgment of the referee; that is, if a side breaks a rugby rule in such a way that the other side gains the advantage therefrom, the referee does not call a penalty.

The scrum (see Diagram A) is the one of the two formations in rugby that breaks up the action as the down does in our game. The scrum, corresponding to the line of scrimmage in our game, is called when the kick-off goes into touch, or when the referee calls a knock-on or a throw-forward. When there is a pile-up on the ball at or very near the goal-line, a scrum is called five yards out from the goal.

The line-out is called (see Diagram B) when the ball goes into touch. This formation corresponds to the face-off in hockey and is called at the point where the ball went into touch. The wing-three-quarter passes the ball in directly over the lined-out forwards who try to jump into the air and catch the ball to pass it out to their waiting backs. This pass-in is usually a wobbly sort of pass, with the ball rotating crazily, if any, through the air. In the Harvard-Cambridge game here last month the Cam- [Concluded on page 22]

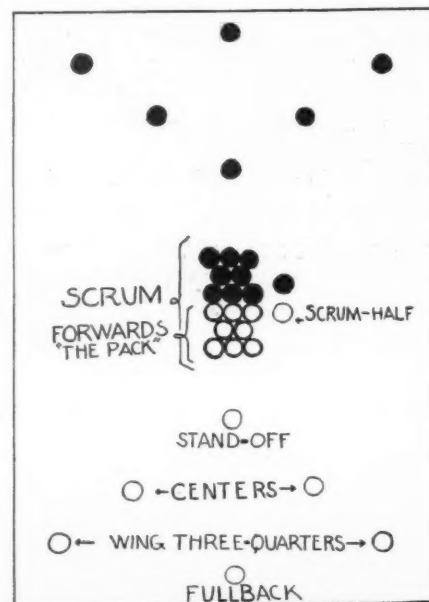
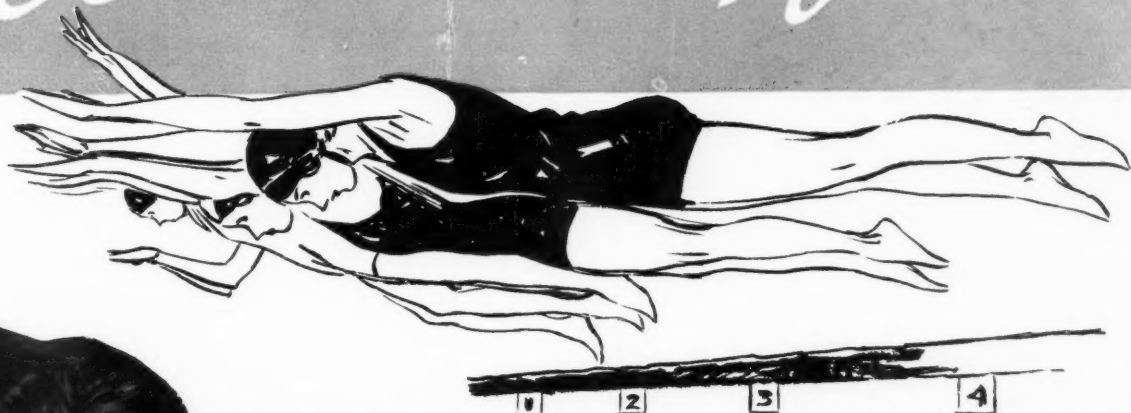


Diagram A: Pattern of the scrum

PLEASE POST THIS ON
YOUR BULLETIN BOARD

Here's Energy!



PATRICK J. CORR
University of Pittsburgh
Swimming Instructor

PATRICK J. CORR'S *safety rules in the water*

GENERAL: If you cannot swim, do not go in water above your chest.

Do not attempt to learn to swim by yourself. Ask for instruction.

Never *pretend* you are in trouble in the water.

Never go in swimming on a full stomach. Wait at least one and a half hours after meals.

Do not take unnecessary risks.

IN POOLS: If you cannot swim, do not leap into the water. Walk down the ladder.

Do not run along the tile, unless a supervised game has been arranged.

Do not push other swimmers into the water. They might strike against the tile and suffer serious injury.

OUT OF DOORS: Do not overcrowd boats.

On long-distance swims, always have a boat accompany you.

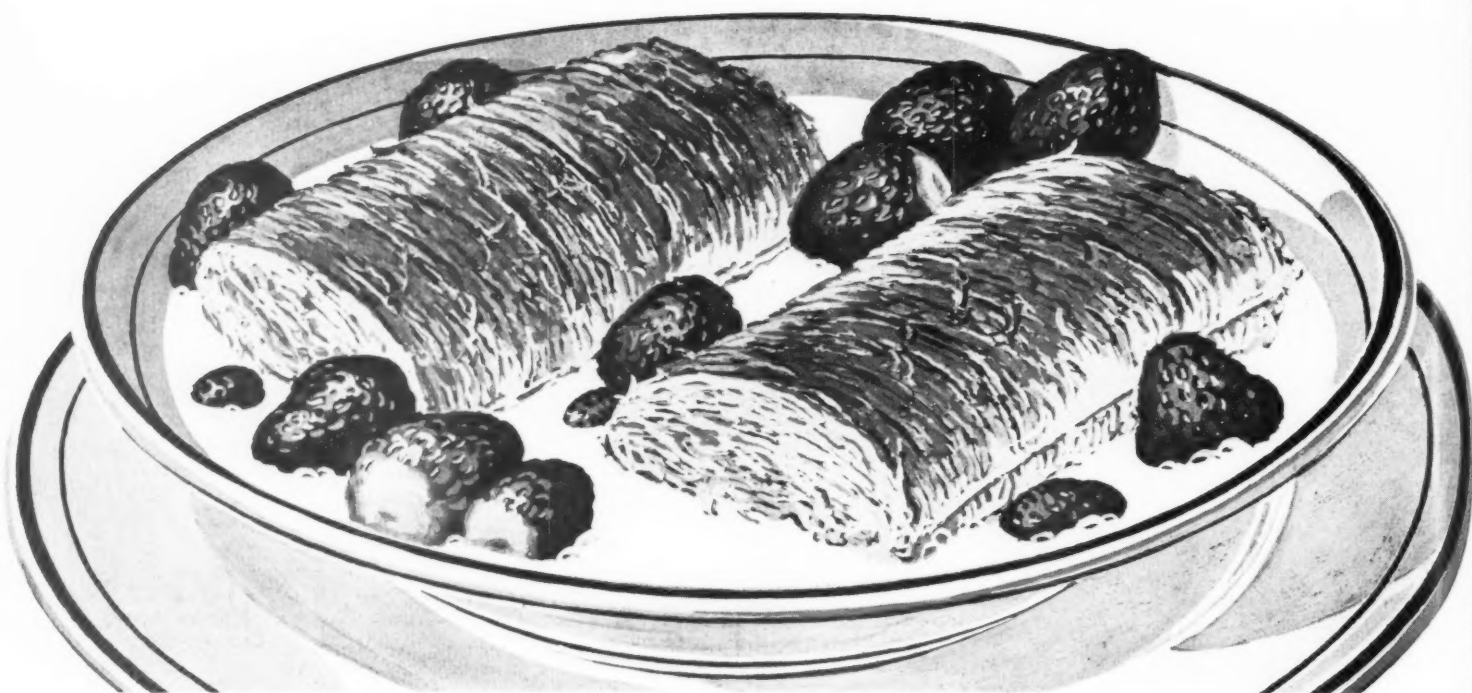
Never take a boat or canoe out alone unless you can swim.

Beware of undertow and rapid currents. Their power is deceiving.

No. 5 of a series of posters
issued in the interest of
good health by

SHREDDED WHEAT





It takes **ENERGY** *to win* *championships*

It's **ENERGY** that puts the winner across, *every* time! And there's energy a-plenty in Shredded Wheat — the kind of energy that makes speed and staying power. For Shredded Wheat is Nature's own energy food — 100% whole wheat, with nothing added, nothing taken away. It brings every one of the vital elements that Nature stores in the sun-ripened grain: carbohydrates, to supply fuel for active bodies; proteins, to repair tissue that exercise burns up; minerals and vitamins, for strength and endurance. And bran, the natural body-regulator.

All these things are in every crisp-baked Shredded Wheat biscuit — ready to go to work building strong bones, elastic muscles, sturdy bodies. Tell your boys to eat Shredded Wheat if they want a he-man cereal. It's ready-cooked, ready to eat with milk or cream, topped with fresh fruit or plump, juicy strawberries. Tell them to eat Shredded Wheat *every* morning — and then watch the energy curve hit high!

NATIONAL BISCUIT COMPANY
"Uneeda Bakers"



SHREDDED WHEAT

THE VITALLY DIFFERENT FOOD!

ON THE OTHER SIDE OF THIS PAGE IS A POSTER FOR YOUR BULLETIN BOARD—No. 5 OF A SERIES FEATURING TIPS ON TRAINING BY FAMOUS COACHES. IF YOU'D LIKE EXTRA COPIES FREE FOR GYM AND ASSEMBLY HALL, SEND A POSTCARD TO NATIONAL BISCUIT CO., EDUCATIONAL DEPT., 449 W. 14th ST., NEW YORK CITY. PREVIOUS POSTERS IN THIS SERIES WILL BE SENT ON REQUEST.

PLENTY OF ROOM ABOVE

By David L. Holmes

This is the fourth and final article of the track and field series by David L. Holmes, director of athletics of the College of the City of Detroit. Many of the drawings, made by Mr. Holmes directly from his moving-picture film of notable athletes in action, appear in his book "Movies on Paper."

THE pole vault is perhaps the most difficult of all field events to master. It is a real specialty. In other events the novice, or first-timer, can as a rule go out and do the event fairly well. I have seen greenhorns pick up a discus, ask how to hold it, and then heave it a surprisingly good distance. Most every active boy can

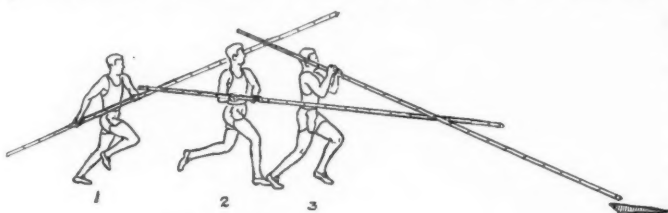


Illustration No. 1

go out and do a high-jump, a broad-jump or toss the weights, without making it look as though he were not cut out for that sort of thing. But not so with the pole vault. I have yet to see a first-timer take the pole and manage to yet very far off the ground with it.

It is an event which requires painstaking practice to develop the necessary skills for clearing even what are now regarded as quite ordinary heights—12 ft. and up. Perhaps the reason that pole vaulting is so difficult to learn is because its technique is so foreign to natural body movements. If, as children, we all went around with a long pole, vaulting over creeks, hedges and automobiles, instead of going through them or running around them, we might all be up there close to the Yale boys and Bill Graber who now regard fourteen feet as something to scorn.

Yes, if we set 14 feet as a standard, most boys who pole-vault in competition are in the duffer class, and do not get very far beyond it. This is nothing against them; it is greatly to their credit, if they like the event well enough that they are willing to stick to it. A little improvement week by week is usually enough to encourage the ambitious vaulter and give him the satisfaction necessary to his enjoyment of the sport. These boys should not be discouraged. We should help them all we can. There is plenty of room above!

It does seem that the pole-vault is one of those things which one must learn, literally, "from the ground up." By far the majority of high school vaulters do not get out of the eleven-foot class; very few ever reach the twelve-foot class; and only the best soar to the thirteen-foot class. Watch the newspaper reports of track meets and note how few college vaulters clear twelve feet. There are about 500 college track teams in this country alone, and 15,000 high school track teams. Nearly

every one of these owns at least one vaulting pole, and experience teaches us that at least ten boys use one vaulting pole (especially the good one bought last year). See how many of these thousands of vaulters get out of the dub class. Here in the Detroit city indoor meet this winter not a boy reached the eleven-foot mark—yet I believe at least a half-dozen got up to the six-foot mark in the high-jump—and two passed the six-three.

The pole vault has licked more boys than has any other event on the program. And I feel that it is well that we coaches think of it in this light—that we see to it that our prospective vaulters know what they are in for. Let us cast about us for the right sort of material—a lad who sort of likes a tough assignment, is willing to struggle along with no prospect of setting the world on

fire.

What will a boy have to have, or develop, in order to become something of a vaulter? Besides this stick-to-itiveness, he will have to have a fair amount of speed, agility, strength of arms and shoulders. As to physical type, a glance at the records and a look at the men who have held them will show that they have been the tall, willowy fellows. They have a decided advantage in being able to reach approximately a foot higher up the pole, so that they don't have to vault as high as the shorter fellows. Many vaulters have been small fellows, however.

The hold

The both-thumbs-up hold has been in vogue for many years. The old pry-'em-up style, with the thumb of the lower hand down, is not used any more. When we come to consider the place to hold the pole we do not have such unanimity of opinion. The best vaulters, in clearing fourteen feet, do not get the upper hand much closer than within fifteen inches of the cross-bar. I have heard that one or two of them hold it up far beyond thirteen feet, but I have not seen any of today's first-flight vaulters doing it in competition. It so happens that I have a would-be vaulter now who takes a hold about one foot

Pole-vaulters are ever raising the ceiling for their difficult event

higher than he vaults, but he is forced to do this, inasmuch as he carries the pole at the right side, takes off from the left foot, all in orthodox fashion—then vaults on the left side of the pole! I believe that Brownell of Illinois also did this. My "prospect" happens to be one of the city's leading tennis players, and it is this sport which gets his major attention. But he likes to vault, although he practises very little. I started to change him, but found that it would be an almost impossible task. He takes his high hold—over twelve feet—races down the runway, swings, yanks, pulls, and grunts—and will, I believe, hit twelve feet this spring. His peculiar method of getting up seems to make any sort of so-called "jack-knife," etc., impossible—and his finish is as unorthodox as his swing-up.

From working with him I am inclined to believe that, if he could get the proper form, he could easily use a thirteen-foot hold—which would mean a fine vault. And, I believe that the time will come when someone will use a fourteen-foot hold and set a fifteen-foot record, or even better. Most assuredly I expect to see the day when fifteen feet will be rather common to vaulters of the first-flight.

Before leaving this matter of holding the pole, let me say that the boy who constantly goes up to the cross-bar, places the pole up to it, squints awhile, lets the pole drop and grabs it "up there," is wasting not only his own time but that of the other contestants, the officials and the spectators. It is well to use the pole to determine the distance the standards are to be moved, for instance, but for determining the height of the top hand—I can not recommend it. Certainly every vaulter could have his pole marked at, say, three heights—a warm-up hold, a fair-effort hold, and a top-effort hold. I believe that he should use not more than three holds

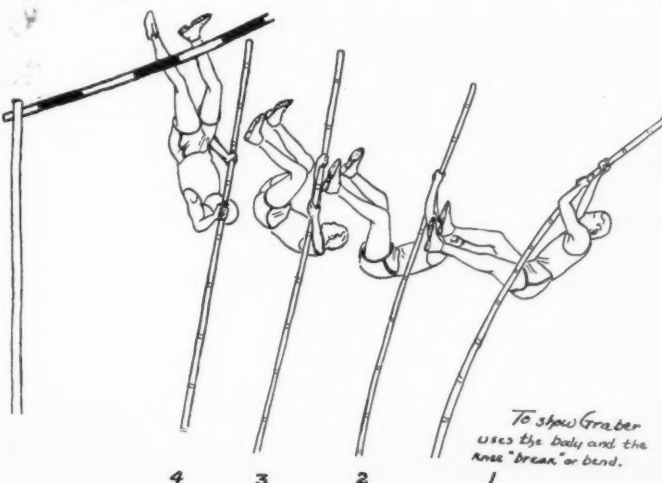


Illustration No. 2

Wm. Graber, U. of So. Cal., vaulting 14' 4 1/2" at Final Olympic Games Tryouts.

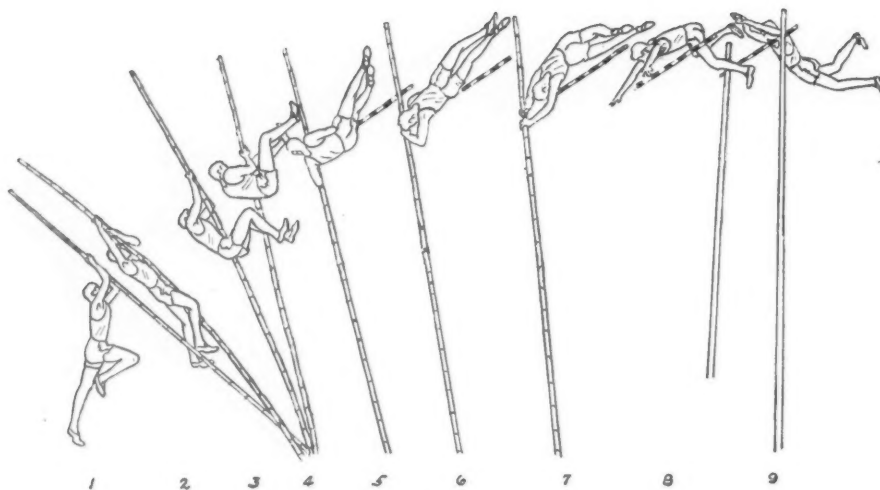


Illustration No. 3

for practice. Changes in the hold affect the stride. For instance, a vaulter using a warm-up hold of, say, nine feet, should not take-off at the same point as he does when he uses a top-effort hold of ten-six. It is very easy to determine the difference in take-off spot in relation to different heights of hold used. If a vaulter takes off at the same spot with a 9-foot hold and a 10-foot hold, he needs attention.

The carry

First, how high should the pole be pointed? I may say that the majority of good vaulters carry it with the point up considerably higher than the level of the head. It was once common to see vaulters carry the point very high, but present-day vaulters keep it down to a point where they can run freely with it and easily plant it. Illustration No. 1 shows the normal position for the carry.

Should the left hand (right-handed vaulters) be held in contact with the right side of the body, or should it be out ahead? I may say, without going far astray, that practically all vaulters now have the left hand pretty well out in front in the run.

Should the left elbow be held rigid during the run, or should it be allowed to "waggle"? Well, both methods are used, most good vaulters using the loose-elbow method now. I can say this—I have repeatedly timed my vaulters over a 100-foot run with the pole, and have found that they invariably run faster with the arm held loosely, the elbow flopping, than they do with it held rigidly. We are after speed down that runway, so why not hold the elbow loosely?

Should the pole move back and forth as the run is made? It depends on the vaulter. I feel that he should find out which he likes best—the one which will give him better speed, relaxation, etc. Let him experiment—he should.

The take-off

I find that a great many boys do not believe that there is really a take-off in the vault. They seem to think that all they have to do is to run hard, jab the pole into the box, and ride up. The fact is—and few seem to know it—that with

all good vaulters the pole is not yet planted when the foot is slammed down in the take-off. The pole keeps moving up to the time the foot comes up on the toes in the take-off. This means that more attention should be given to this take-off—a real leap off the ground.

Planting the pole

Vaulters differ about as much in their way of planting the pole as they do in carrying out other parts of the vault. The degree to which they thrust out the pole—"throw it"—with a thrust of the back arm upward and forward, marks these differences. The accentuated throw, once quite common, is now generally discredited, but I have not been convinced that it is worthless. It would be helpful to have this feature analyzed in the light of physics and body mechanics. Here is a bit of research for somebody to tackle.

The swing-up

This is the first stage of the ascent. There is not one first-rate vaulter who does not first swing along the pole for some distance. I admit that just how far the swing continues varies with the vaulters. Compare here Illustrations No. 3, 4,

and 5 (page 29 for No. 5). Note that the vaulter in No. 3 "breaks" a bit sooner than does Warne in No. 4. Also, note that Miller, in No. 5, does very little breaking, using a very long swing-up. Vaulting is not just a swing-up—it starts with that, but ends up quite otherwise.

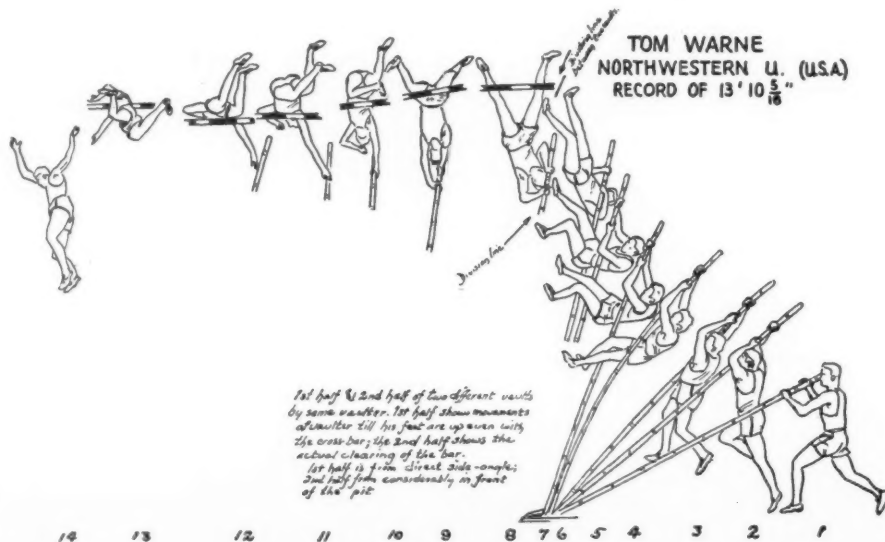
I teach our men, in getting the rhythm of the vault, to count "one" (a long one) for the swing-up, "two" for the break, "three" for the feet-up and the pull-down, and "four" for the push-up, with possibly a "five" for the push-away.

The break

This is a very decided breaking of the body at the hips, or waistline. The knees are lifted up far in toward the face, the body bending, or breaking, from the long swing-up pendulum position very decidedly. This is hard for the beginner to get—he prefers to swing up and tries to fly on over the bar, with his feet pointed straight out into the bar. I have experimented a great deal with this knees-up, and find that it works wonders with the beginner—and the vaulter who has not acquired it, for that matter. We train on a stationary pole—stand off, take a step, leap up and grab, swing, lift the knees high toward the face, then push up and off. This gets them in the habit of pulling the body right up along that pole.

The feet-up and the pull-down

These are discussed together because they occur together in action. After the knees have been lifted high and in toward the pole there is a tremendous pull-down (coaches generally term it the pull-up, but I call it the pull-down because that is what the vaulter really does—pulls down—tries to pull the pole down against his shoulder). At the same instant the bent legs (the knees are in now, remember) are straightened. This means that the feet are now pointed high over the cross-bar, not out at it. With the feet pointed high into the heavens and this terrific pull-down applied, only one thing can happen—the vaulter's body is hurled, feet pointing upwards, up into the air. Inasmuch as all this time [Concluded on page 31]



TOM WARNE
NORTHWESTERN U. (U.S.A.)
RECORD OF 13'10 ³/₈"

1st half & 2nd half of two different vaults by same vaulter. 1st half shows moments of vaulter till his feet are up even with the cross-bar; the 2nd half shows the actual clearing of the bar. 1st half is from direct side-angle; 2nd half from considerably in front of the pit.

Illustration No. 4
Tom Warne, Northwestern Univ.

THE CUNNINGHAM MILE

By J. P. Abramson

America's premier miler refutes the traditional theory of a faster first half



MOVIE FRAMES FROM CUNNINGHAM'S RECORD-BREAKING MILE IN MADISON SQUARE GARDEN, MARCH 18. FRAME ON THE LEFT SHOWS HIM FOLLOWING PACE SET BY DAWSON OF TULSA DURING FIRST QUARTER. TO RIGHT AND BELOW, CUNNINGHAM SETTING THE PACE DURING THE THIRD QUARTER, VENZKE OF PENN TRAILING.



Pathe

This article is reproduced with the permission of the New York Herald-Tribune and Mr. Abramson. It appeared at the conclusion of Mr. Cunningham's Eastern indoor campaign, during which he set the new American time of 4:08.4 for the mile.

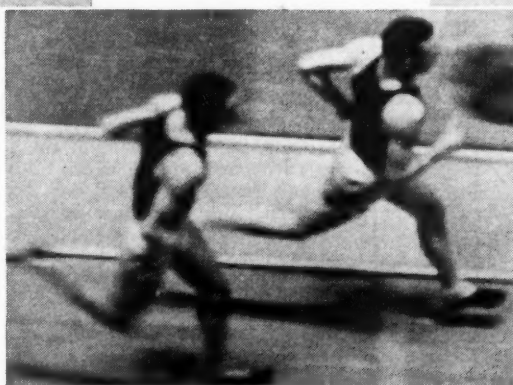
JUST as Paavo Nurmi's self-developed ideas on even pace, and particularly his elimination of the traditional third-quarter letdown, led to a radical change in training methods among milers and a distinct advance in mile speed, so Glenn Cunningham's self-developed ideas on running the second half faster than the first, while retaining the ideal of even pace throughout, mark another revolutionary step in the mechanics of "miling."

His method of mile running is no development of his recent board-floor campaign and its memorable Cunningham—Bonthron—Venzke duels. From the outset, when he ran the mile as a schoolboy in Elkhart, Kan.,* it was most natural for him to run the second half faster than the first in a comparatively even-paced race. He did not know then that this was contrary to all coaching ideas as well as established medical opinion.

For generations, coaches, backed up by the opinions of doctors who studied foot-racers, believed it was necessary for a miler to run fast and hard while the body was still free from fatigue. And so the faster running was done in the first two quarters, and the runner finished out as best he could.

In his first big mile race, when he won the national championship in the University of Chicago interscholastics, Cunningham recalls that he ran the first half in 2:14.7, the second half in 2:10 for a 4:24.7 mile.

He may have chanced on a new method of running by accident, but it was the most natural way for Cunningham to run. Since then he has made a study of his style, in company with his coaches, first Brutus Hamilton, now at California, and then Bill Hargiss, his present coach at the University of Kansas. It was not entirely by intent, but rather because it was



most natural for him, that Cunningham, with his tremendous power, developed the style of the "faster second half" which has made milers "second-half-conscious." He has never run a mile otherwise.

"I could see no reason for burning up energy needlessly at the start," Cunningham explained. "I felt better when I ran as fast as I could without straining, and then when my heart and lungs and glands are built up to maximum efficiency following this first half warm-up is the time for applying the pressure."

As a student of physical education, Cunningham has gone into the mechanics of running more deeply than most athletes do. He admits, however, that it is impossible to chart a runner's capabilities scientifically.

"Recently we had a physical test at the University," Cunningham said, "to determine endurance and heart efficiency. I didn't come out so well. I was half way down the list. I don't know exactly what goes on inside me in the burning-up and rebuilding of tissue and nerve fibers during the running of a record mile. But from my running experience I know that I need a good warm-up. I run faster and better in a second race, and still faster in a third race when I run three times in one meet."

That is why Cunningham devotes so much time before a race to his neck exercises and warming-up jogging. The gallery thinks this is "showmanship," but it is nothing of the sort. Cunningham gets his neck and shoulder muscles "oiled up," because he knows every muscle is a vital part of himself as a running machine.

Most coaches believe a runner gets his so-called "second wind" during a race.

"I have never asked Glenn this before," Hargiss interposed. "Do you feel a rejuvenation of spirit and strength, this so-called second wind, at any time in a race?"

"No, I don't," Cunningham answered. "I have no feeling of fatigue whatever the first half in a normally run race, and I do not feel tired after I really get into my running."

"The answer, I think, will be found in rhythm," Hargiss said. "I have learned, and I believe other coaches will agree that rhythm is the secret of record races. Glenn tries to run his first half as fast as he can on the rhythm of his stride without exerting himself unduly, and then he has his body prepared for the energy-consuming effort he makes later."

"I say that Glenn could have run two seconds faster in his second quarter Saturday† without affecting his final two quarters of 61.2 and 59.8, and so he would have approached a 4:06 mile. When Frank Nordell, after running a 62-second first quarter, which was perfect for pace, slowed down to 65 seconds in the second quarter, Glenn had to chop his stride in order not to tread on Nordell's heels. Without any extra effort on his part, if he held to his regular stride, he would have cut an appreciable amount from his time."

Is it possible that Cunningham is a law unto himself, and has style not applicable to others?

"No, I believe other runners can use Cunningham's methods by correct training," Hargiss replied. "Look what happened this winter. In the Baxter mile, where the first half was run at the snail's pace of 2:14, Bonthron, Cunningham and Venzke all ran a two-minute half at the end. That, however, was a weird race. The A. A. U. 1,500 meters is a better example. There the first half was run in 2 minutes 9 seconds, still a mite too slow. Yet Cunningham ran a 60-second third quarter and maintained the same comparative speed by racing the next [Concluded on page 48]

†Saturday, March 18, 1934, in Madison Square Garden, the occasion of his setting the new American time of 4:08.4, eight-tenths of a second slower than Lovelock's world's record 4:07.6.


*At Elkhart High School Cunningham ran under Roy Varney, Elkhart High's track and field, football and basketball coach.

NATIONAL HIGH SCHOOL BASKETBALL REVIEW

According to the reports received from the various state high school athletic associations, high school basketball enjoyed good health and an increased popularity during the recent 1933-34 campaign. It was the first season of real nationalization in basketball, from the high school point of view. The Basketball Rules Committee, functioning for the first time with National Federation high school representatives, found all its rules being generally observed, a happy contrast to the differences in conditions of the year before.

In addition to the new solidarity of the national basketball organizations, one or two other features marked the 1933-34 season in the high school game. The zone defense lost considerable of its popularity, with the man-for-man type again coming into its own. The pivot post play was used less extensively. Ambidextrous shooting, backhand passing and other more advanced skills were noted as signs of improving technique on the part of high school players.

Oklahoma

 In the first week-end in March over 500 Oklahoma high school basketball teams started the first of three elimination tournaments to determine the state champion. These tournaments were held on successive week-ends. At the end of the second tournament there were only sixteen teams left representing sixteen different sections of the state. These teams gathered at Oklahoma City on March 15 for the final tournament. There usually has been one outstanding team in the state each year and this year was no exception with Classen High School of Oklahoma City being picked for the championship several weeks in advance.

The four teams to reach the semi-finals were Classen, Muskogee, Blackwell and Cordell. El Reno, last year's champions, and Tulsa, the 1931 champions, having lost their mainstays, fell in the quarter-finals. Classen came through to the finals as expected and then defeated a strong Blackwell team 34 to 23 for the championship. Classen last won the championship in 1929. That year they entered the national tournament at Chicago and were defeated in the finals by Athens, the Texas champions. Athens also happens to be the Texas champions this year.

Henry Iba, the coach of the 1929 champion Classen team, moved up to college basketball the next year, and was succeeded at Classen by Harold Miller, a star several years ago at Iowa under Sam Barry. Miller's type of offense, the rapid-moving, short-pass game, calls for speed and clever ball-handling. His small, fast players of the past two years have been ideal for this style of play and by the beginning of this season he had the boys and

the offense fitting perfectly. With the exception of Hunt, the 6 ft. 7 in. all-state center, Miller's boys were the smallest in the tournament. Carroll Smelser, Classen's 110-lb. forward, was the star of the tournament and was awarded the captaincy of the all-state team. Classen's third all-state player was Krueger, weighing under 120 lbs., at guard.

Classen ran through to the finals by defeating Ardmore (who became the consolation champions) 54 to 12, Eastview 31 to 19 and Muskogee 27 to 19. In the last three games Classen seemed unable to get their fast passing attack to working smoothly until the final quarter. Each of the games was close up until this time. But when these small fast boys did get their offense to clicking there was no stopping them. Blackwell advanced to the finals by defeating Union Valley 39 to 32, El Reno 24 to 17 and Cordell 14 to 11.

All sixteen teams in the tournament used a man-to-man defense, covering the entire defensive half of the court. The teams usually brought the ball down slowly with most of the exceptions being furnished by Classen. Very few out-of-bounds plays were tried and none was successful. The teams maneuvered to score from set plays or passed the ball around carefully waiting for favorable breaks. The most successful teams used some type of screen play. Classen used inside screens to force the defense back and then scored with outside screens. Classen's most successful play worked as follows:



Krueger, No. 4, passes to Pate, No. 1, and breaks rapidly around him. (Diagram 1). Pate fakes a return to Krueger, then turns back and passes to Smelser, No. 2, who is breaking around close to Hunt, No. 3. Smelser timed his breaks very nicely and the screening that took place left him open for many easy shots. Sometimes Krueger continued his initial drive and took a pass from Smelser. If Smelser was guarded too closely when he received the ball he pivoted and passed to Maril, No. 5, coming up or to Krueger at the side. Both Maril and Krueger were excellent long shots. When shots missed, Hunt was there for many tip-ins.

Blackwell's best scoring play worked as follows: (Diagram 2). Nos. 1, 4 and 5 passed the ball among themselves until Nos. 2 and 3 could screen properly by exchanging sides. The passing from No. 1 to No. 2 was usually very good as No. 2 broke rapidly around No. 3 and drove into the basket. If the screen did not work, No. 2 dribbled toward the side-line as shown in Diagram 3, pivoted and passed to No. 1 as he drove in hard.


Practically all of the teams used either a box formation on the tip-off or a Y-formation. To secure the tip Classen used most frequently the play shown in Dia-

gram 4. As the ball is tossed up at center, one of the guards drops back to the opponent's free-throw line to take a long tip from Hunt, the center. The other guard crosses to the other side of the court. The receiver of this tip usually dribbled rapidly down the side-line. The only other tip used by Classen was to one of the forwards coming up at which time the ball was relayed back to a guard. The opposing teams were never able to break up these plays. None of the teams used quick-scoring plays.

Three of the semi-finalists, Blackwell, Muskogee and Cordell, used a 2-in-3-out offense with Blackwell's as diagrammed. Muskogee played the two inside players on opposite sides of the free-throw lane. Cordell played her all-state second-team center just back of the free-throw line with the second player on either side; sometimes these two played in the No. 3 and No. 2 positions of Diagram 1 and used a screen play. The bounce pass, used so much last year, was noticeably absent this year. The long shots were just about as numerous this year but much more accurate.

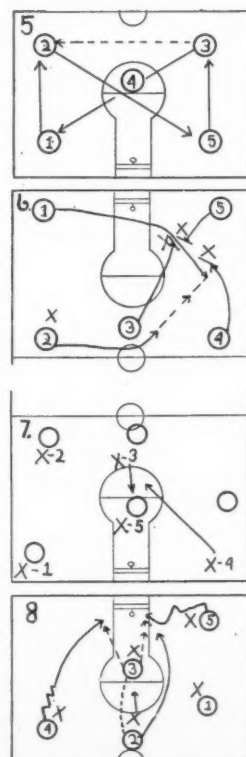
C. L. WEAR

Indiana

 HE twenty-third annual Indiana High School state tourney proved to be one of the most interesting and encouraging tourneys ever held in the Hoosier state. It was interesting because of the closeness of the games between well-coached teams, many of whom were of the dark horse variety. The response of 15,000 spectators who witnessed the tournament in the fine field house of Butler University added interest to the event.

The tourney was encouraging from several standpoints. First, and perhaps most important from the spectators' standpoint, was the fact that sectional and regional play contributed many so-called upsets; which left only three of the 1933 finalists as representatives in the 1934 play-off. Many fine teams, almost annual contenders in the championship tourney, fell by the wayside in sectional or regional play, thus sending thirteen new teams to the final tourney. This, of course, has had a very wholesome effect upon the morale of the smaller schools out over the state.

A second encouraging point, from the standpoint of the welfare of the game, was the fact that the teams, almost without exception, displayed



more action on offense which resulted in more scoring. The average scoring for the fifteen games was fifty-four points per game. This was particularly pleasing to the fans, who responded with far more applause and much less booing than usual. The demise of the slow, stalling game seems assured and is due to two main factors:

(1) Basketball coaches in the state of

Indiana, seeing the frown of disapproval from the public and knowing that the welfare of the game was at stake, injected more speed into their offensive tactics in order to give more action and more scoring.

(2) The forty-foot offensive area as specified by the rules has helped to speed up the game.

A third encouraging point, brought out in the final tourney, was the matter of fewer fouls being committed. This, no doubt, came about as a result of "profiting by the experience" of two years with the offensive zone

rule. There were but twelve fouls committed as a general average per game.

On offense the sixteen finalists displayed a great variety of systems and combinations of systems. Two teams coached by former Purdue stars, used a decided fast-break, long shooting, follow-up style of offense. A few other teams used a fast-breaking offense combined with a careful, ball-moving style of play if the defense was set against them. Still others used a careful advance into the offensive zone and then employed block plays—either with or without a pivot man in or near the foul circle or lane. There was a decided decrease in the use of set plays, all of the teams depending more upon free-lance style. Fewer teams used the pivot man in the foul circle, possibly for one of three reasons: (1) teams did not have the type of player for the pivot play; (2) the defense against this play has improved; (3) the three-second rule has caused coaches to discard this pivot play. However, a few teams with an outstanding pivot man displayed an excellent attack for close-in shots. One of the teams with an outstanding pivot man was Technical High School of Indianapolis. With John Townsend, a six-foot-three-inch, 215 lb. center with craft, speed and the most deceptive passing ever seen in the middle west, Technical furnished plenty of worries for opposing defenses. This pivot play, with quick thrusts by the forwards, and good medium-length shooting by the guards, gave Technical a fine offensive machine which mowed down all opposition until it reached the final game. Townsend, with his ever alert and almost uncanny passing, together with his unusual ability to find the loose teammate, was the predominant factor in the Technical offense.

Logansport, the ultimate champion, used

a spinning wheel style of offense (see Diagram 5) that employed an intricate system of moving block plays. This fast-moving, fast, accurate passing style in the offensive zone screened off opposing guards for Logansport spot shots, which proved to be very accurate. In the final game against Technical, Logansport gave an almost perfect demonstration of its ever-moving rotary, block play style of offense and committed but five personal fouls during the game.

Only two teams of the sixteen finalists attempted to use a zone defense. A few teams used a combination of some features of a zone defense and a man-for-man defense. The great majority of finalists used a man-for-man assigned defense. Of course, when outstanding pivot men were to be guarded to keep them from handling the ball, defensive men on the side away from the ball would shift to help keep the ball from getting to the pivot man. Logansport devised a shifting man-for-man defense to bottle up the great Townsend on the Technical team.

Diagram 5 shows the spinning wheel style used by Logansport. No. 4 may be used in or out of the foul circle handling the ball as he is open. One of the corner men starts before the other. If No. 3 starts first, he passes the ball to 2 and breaks across foul circle; No. 2 waits until No. 5 has moved up into No. 3's old position and passes the ball to him (3 to 5). No. 2 breaks across into the far corner. Number 5 waits until No. 1 moves up and then passes the ball to No. 1 and breaks across. This passing, shifting goes on very fast until some man gets a step ahead of his guard and gets a chance for the basket.

Diagram 6 shows a type of block play which was used successfully in the tourney. The play must have perfect timing. Numbers 3 and 5 break toward each other and when they are about five feet apart No. 1 goes between them. As he is coming around, No. 4 goes down the side of the floor and cuts over to where 3 and 5 are standing. Immediately after No. 1 has passed through, 5 and 3 close the gap, and 4 stands in a blocking position directly in front of the opening, if any. No. 1 stops, receives a pass from 2 and shoots a deliberate shot since his man has been screened off.

Diagram 7 shows a shifting man-for-man defense used to cover especially good pivot men. For example say that the ball was held by No. X2's man, X2 would cover closely, X1 would cover closely and face the ball while X3 and X4 would drop back in on the pivot man and towards the ball. X5 would always stand nearest the ball. If the ball was passed to X3's man, X3 would move out to his man, X4 would move slightly more towards his man and X2 and X1 would drop back in on pivot man. If the ball was shifted to X4's man, X4 would cover him closely while X2 and X3 would shift back closer to the pivot man. Diagram 8 shows a type of offense used by the teams having an outstanding pivot man. When the ball could be passed to the pivot man (usually outside the free

throw lane) a forward (5 or 4) would thrust and fake from the corner until he got half a step ahead of his guard. He would then break on under and receive one of No. 3's blind-spot-passes for a shot under the basket. If a forward could not get open for a pass, then No. 3 would attempt to draw the back defensive men in on him and quickly pass the ball out to his guards for a spot shot.

H. T. McCULLOUGH.

Ohio

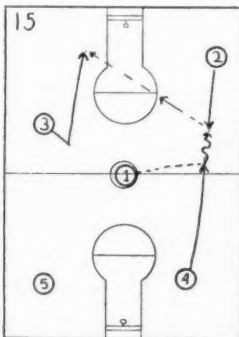
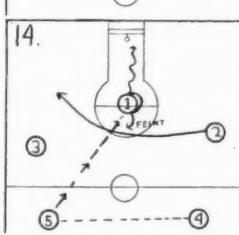
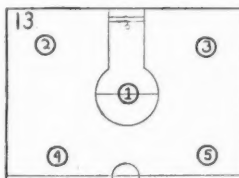
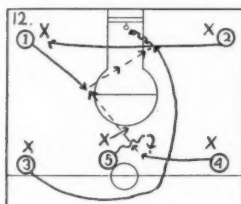
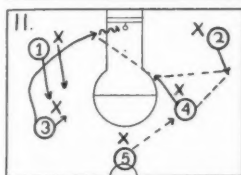
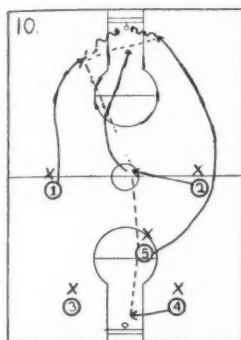
THE Ohio high school basketball championships were held in the Coliseum at Ohio State Fair grounds, Columbus, March 15-16-17. Eight "A" teams and eight "B" teams, survivors from county and district tournaments, meet annually in this great demonstration of basketball. This year the teams played but one game a day and the losers in the first round of play competed in a consolation series.

Attendance and enthusiasm were the greatest in the history of Ohio tournaments, due to probably two factors: first, teams were evenly matched and a greater variety of play offensively and defensively was employed than ever before; second, a class B team from Waterloo proved to be not only a state champion but one of the most colorful teams to ever appear in the state tournament.

It seemed to me that the style of play used this year by teams from various sections of the state was more versatile than in previous years. I remember three or four years ago all teams used a slow-breaking offense with set plays calling for distinctive signals and built around a big center who played pivot position. This year some teams used a fast-breaking offense entirely, others a slow break and still others mixed the two. Very few teams were successful in using the pivot play as a scoring play because of the better defensive play used.

Defensively, teams used about every known defense. Two class A teams and 3 class B teams used the zone defense. The A teams were Columbus North and Toledo Central Catholic. They also both used a fast-breaking offense but were unsuccessful in their first game and were again defeated in the consolation series. During the twelve years that I have watched state tournaments, I have yet to see a championship won by a team using a zone defense. I think this can be attributed partly to the fact that very few teams play on as large a floor as the Coliseum which formerly was 94 x 50 but has been shortened during the last three years to 75 ft. All other class A teams used the man-for-man defense, some shifting on block plays

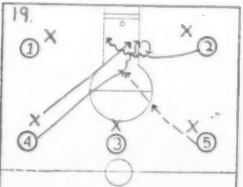
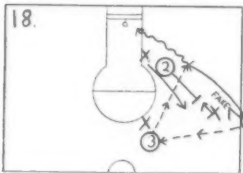
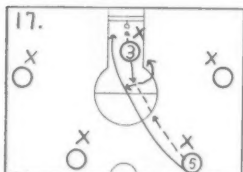
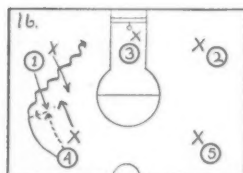
and others adhering strictly to their assignments. The defense which seemed to check the pivot play was a four-man assigned defense with a forward playing in front of the pivot man. This "defensive forward" takes a position between the pivot man and whoever happens to be holding the ball. A quick-shifting boy, with a good sense of anticipation, can do considerable



damage to the opposition's passes, and make them wary of trying to penetrate through this particular territory. The defensive forward moves in sort of an arc in front of the pivot man, and while a pass will get through to the pivot man occasionally it ought not be fatal, because the four-man defense should be set for just this development.

Roosevelt High of Dayton won the class A championship by defeating Toledo Central, Youngstown Rayen and Portsmouth in that order. Their team was composed of a 6 ft. 5 in. center and four other boys of medium height, but of the antelope variety that could go and go fast when the opportunity presented itself. They were also fine ball handlers and composed the best shooting team in the tournament. They used their tall center on the pivot and he was very adept at shooting push shots with either hand or shooting a two-hand shot from over his head. Their offense was either fast or slow-starting, but after arriving in the front court their passing was fast and accurate with very little blocking in evidence. Portsmouth, their opponents in the final game, on the other hand employed a distinct set-up with blocks being used frequently and most play depending for success on getting the ball to their center on the pivot. They were unfortunate in losing their center in the second quarter on fouls.

The team which created the most comment and brought out the spectators was the class B champions from Waterloo. This high school has an enrollment of less than 30 boys but this team went through a season of 29 games undefeated. The principal of the school served as coach. He kept no record of the scores during the season and did not even possess a score book. The members of his team were recruited from the hills about Waterloo and knew nothing about training rules, but they liked to play basketball and played it in a fashion all their own. The team had three boys about 6 ft. tall and the other two were very small. The outstanding players were



the Roberts brothers, one the center and the other a forward. The center scored 68 points in three games. His brother, the forward, was a sensational passer, using a right or left handed hook pass, mixed with a pass behind his back that was as accurate as any orthodox pass. Their play was deliberate, their passing fast and accurate and their shooting uncanny. They put on a good show and the spectators liked it. They justly deserved the crown of state champions in class B.

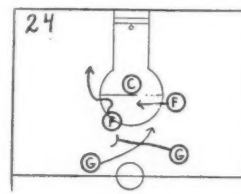
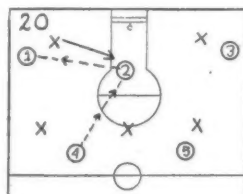
W. G. KESLER

Nevada

THE state high school basketball championship of Nevada was won this year by the Sparks High School, the final tournament being held in the University of Nevada gymnasium at Reno. Only four teams met in this tournament.

Due to the geographical nature of the state, three districts were outlined and it was agreed that winners of two districts and the winner and runner-up in the largest district should meet in the final tournament. District tournaments were held with the result that Winnemucca won in the northeast, Panaca in the south, and Sparks in the west, with Yerington as runner-up. Sparks defeated Panaca in a hectic game, 29 to 28, and then defeated Winnemucca, who had defeated Yerington the night before, in the finals, 38 to 17.

Practically all teams in Nevada, during



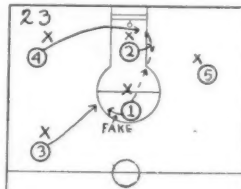
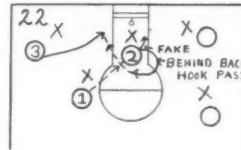
the season and in tournament play, used a man-for-man defense, in most cases dropping back as far as the center line. A few teams concentrated their defense back further than this while some crowded the offense over all the floor. The only other type used was a shifting zone defense. This type proved to be ineffective on a large court, but during the season's play on some of the smaller courts was quite effective.

Three years ago practically every team in the state was using a set zone defense, with variations. Most of the teams had a slow offense and concentrated mainly on working through with set plays or developing good long shots. Naturally, the games were quite slow and the scores usually low. Since that time more and more teams abandoned this style and went over to the man-for-man type, working more on offense with fast breaks. The results have been a speeding-up of the games, larger scores and of more interest to the public. Only the teams made up of larger and slower men have kept to the zone defense.

In the state tournament referees very seldom had to enforce the ten-second rule as the teams brought the ball down fast. The three-second rule in the foul lane was never called, to my knowledge. Only one team used the pivot play and they were careful about the timing.

Sparks, winner of the tournament, used a man-for-man defense with the forwards picking up their men at the center line. Two exceptionally fast forwards, together with a tall guard who was able to whip his passes out fast and accurately, gave Sparks a fast break which often netted points. This fast break, with variations, took the pattern shown in Diagram 10. The players were allowed great freedom in making the plays fit the occasion so long as they did not try to hog the ball.

The tall guard jumped center on tip-offs and then switched to guard, being replaced in the floor position of center by a smaller



and faster man. This "center" swung into the offense fast. It quite frequently happened that the opposition became mixed on its defense owing to these two men switching positions. This was helped along by substituting another center who played the center position throughout, while the man lining up as guard played guard throughout. Then as the other center came back into the game and the switch in positions was made again one man was frequently without a guard until a couple of baskets had been made.

The Sparks team attempted but few long shots but worked the ball in for the higher percentage shots. On the whole this was true of most teams, further indicating that the style of play in this state has changed.

Blocking plays were seldom used. Only one team used them a great deal, together with pivots and turns, but the opposition, by playing a loose guarding game, was able to render the blocks ineffective.

It might be said that few teams used many set floor plays. The switch to the man-for-man type and the ten-second rule encouraged the teams to make their own play situations. Sparks and Panaca used the cut and return plays involving only two and sometimes three men effectively. Two plays of this type are shown in Diagrams 11 and 12.

In Diagram 11 No. 5 passes to 4 or 2, who whips the ball over to 3 cutting. In Diagram 12, 5 dribbles toward the sideline, stops, pivots and back-passes to 4. 4 passes to 1 pulling out, and 1 passes to 3 cutting around and in.

PROCTER R. HUG

Minnesota

IN the Minnesota tournament Chisholm and St. Paul Mechanic Arts were the finalists, the two survivors of the eight teams which had originally included Winona, Cass Lake, Moorhead, Mankato, Minneapolis South, and Red Wood Falls.

Mechanic Arts had entered the tournament with the best defensive record of any of the eight teams. They had outfought a strong Mankato team in the first round, barely winning, 29-28, when a basket was made shortly before the final whistle blew. Gathering strength, they had defeated Red Wood Falls in the second round, 21-17, the latter having defeated Minneapolis South in its first game, a team that had been picked by many to go through to the finals. Although they had played well-coached and inspired ball throughout these preliminary games, Mechanic Arts had been named the underdog in the final game with Chisholm.

Chisholm was decidedly the favorite. They had a fast, rangy, and heavy team that clearly surpassed Mechanic Arts in these respects. The Chisholm center was not quite as tall as the center of Mechanic Arts, but he was much heavier and a more mature youngster. Chisholm had easily and deliberately defeated Cass Lake, 33-12, in the first game, and then had turned on a lot of power to defeat Moorhead, 50-17, in its second game. It was indeed an outstanding team, and only the most optimistic gave Mechanic Arts an outside chance. [Continued on page 34]

CURIOSITIES IN THE ATHLETE'S DIET

By Peter V. Karpovich, M. D.

Prejudices of the past amuse us today;
but some we have replaced with new ones

THE progress made in the athlete's diet cannot be fully appreciated until we look into the past and see what kind of diet was used by athletes during the last century, and also observe the obstacles which are yet to be overcome.

New scientific ideas do not conquer a man without a struggle. They may reach his conscience readily, but will be slow in changing his convictions. Chronologically we are now in the twentieth century, but ideologically we are spread over many hundreds of years. You don't have to search very hard to find some people entertaining ideas typical of the middle ages. They may be living under the same roof with you. This mental lag is the main force supporting tradition and while it insures stability of life, it also makes progress very slow.

In addition to the inertia of tradition, we must take into account the evil caused by the faddists. Most of us are careless about our diet, but we usually recognize this and try to correct our errors. It is different, however, with faddists and people nursing freaky notions about diet. They are always on the offensive and intolerant. It is very difficult to discuss with such persons the problems involved, sometimes even impossible, without breaking friendships. Ignorance is bad, but false prophets are worse.

Two meals a day

About one hundred years ago the diet prescribed for an athlete was a great deal different from the present-day diet. Usually only two meals a day were allowed, one at eight o'clock in the morning, the other at two or five in the afternoon. Supper of any kind was considered *bad for the lungs*. Since the men often felt hungry in the evening, especially if the last meal was at two o'clock, this rule was frequently violated and a little cold meat and bread were allowed for the supper.

About the middle of the nineteenth century a light supper was recognized as a necessary additional meal. According to a book published in 1841, *Fistiana; or, the Oracle of the Ring*, the "trainee" was allowed to eat as much as he wanted, provided he had an appetite. The difference was made between country- and city-made bread, preference being given to the former. Light stale bread was preferred. The most essential part of each meal was meat. Only beef and mutton could be used. "All young meat such as veal and lamb, all white flesh meat, whether game or poultry, are good for nothing. They contain no nourishment for the muscles." Vegetables were prohibited. Potatoes in a small quantity were allowed, because they would correct the "evil effects of the London-made bread" and also would absorb the animal fats (!) Soups, fish, pies, and puddings were considered poisons for the boxer. In training "pedestrian" (for walking race)

the following articles were prohibited: vegetables, fish, butter, cheese, eggs, except the yolk, taken raw in the morning. Dry biscuits were always kept on hand and even given to the athlete as soon as he opened his eyes in the morning, because they were considered an excellent means for absorption of mucus from the mouth, throat and also . . . the windpipe (!) Plain water was scorned, and was allowed in the least possible amounts, just sufficient to quench the thirst. Some trainers even attempted to prohibit entirely the use of water for drinking. Beer was allowed, from one to three pints daily, care being taken to avoid mixing two different brands on the same day. Freshly brewed beer was not allowed because it was conducive to boils. Wine was regarded as a



Richard Humphries, 1787

English boxer, from the engraving by Bartolozzi. The early fist-fighters were expert broad-swordsmen as well, which accounts for their fighting posture.

great help in special cases. If, for instance, a man lost too much weight, then the use of port wine would "increase the quantity and good quality of the blood faster than by any other means we know of." Milk was prohibited, "because it curdles on the stomach." No warm liquid was allowed from fear of relaxation of the stomach. Since broth and soup required but little digestion they were excluded to prevent *the weakening of the stomach*.

The proper effect of the diet was "controlled" by a frequent sweating and blood letting. Emetics and laxatives were in common use. The diagnosis of the cases requiring this special treatment was rather simple: "If a man's loose meat be perceived shaking on his sides, breasts, etc.; if it lie about the chops, it is seen he is blubber-headed, and his head must be

sweated particularly . . . Dull heavy eyes, with a great disposition to sleep, starting in his sleep, or pricking of the skin, demand that he be bled; opening physis should ever follow bleeding."

This strict diet and drastic treatment were not accepted without some doubt and resentment. Of course, we should bear in mind that this régime was regarded the best in those times. As knowledge about food progressed and as resentment to such a treatment increased, trainers slowly modified the rules. In a book *Training in Theory and Practice* written by Archibald Maclaren, thirty years after the appearance of *Fistiana*, we notice a spirit of rebellion against many practices and find some radical changes in diet.

Maclaren strongly advocated plain water as the best drink, and gave well founded reasons for this. Although he considered beer as an unquestionably wholesome beverage, he stood against the use of wine. Especially did he ridicule the old custom of giving a glass of sherry with an egg to the oarsmen just as they stepped in the boat. He remarked that although wine will act upon the nervous system immediately, nevertheless the beneficial effect of it is questionable. As to the egg, it would aid no more than by putting it in the pocket, because there is not enough time for its digestion. Contrary to the old rule, he advised the use of vegetables. Maclaren also strongly opposed the practice of giving emetics and laxatives to every member of the crew before starting training.

In the next twenty-five years few additional changes were introduced. Meat was still considered the mainstay of the athlete's diet, because it was rich in nitrogen content. Beef-steak and mutton chops were preferred to veal, ham or pork because they contained more nitrogen. Fowl was allowed for the same reason. Potatoes were allowed in small quantities, because they contained "vegetable" salts and also starch. The starch content was of a secondary importance.

Now comes something startling to a modern coach. Sugar on many occasions was prohibited, and only minute quantities were allowed with tea and pudding. A little butter was allowed, and if it was not well digested it was replaced by oatmeal. Vegetables and fruits were permitted. Dr. R. Faries in his book, *Practical Training for Athletics, Health, and Pleasure*, published in 1897, says that even bananas may be used for lunch without any ill effect. To be on the safe side he never used bananas the day before the race. Yet in some of his own trials he ate bananas three hours before a run and made a better time than he did in the race itself. This shows very clearly that a prejudice is stronger than the evidence of an experiment. Beer was still used; wine was allowed only in the case of staleness to stimulate the appetite.

[Concluded on page 46]

Track and Field Records at a Glance

| | ○ NATIONAL INTERSCHOLASTIC RECORD | ● NATIONAL INTERCOLLEGIATE RECORD | ■ WORLD'S RECORD |
|---------------------------------------|--|--|--|
| 50-YARD DASH | 5.4s. Borden, Hyde Park H. S. (Ill.), 1898 Eckersall, Hyde Park H. S. (Ill.), 1903 May, Rochelle, Ill., 1905 Harrison, Crane, Ill., 1906 Southard, Edwardsville, Ill., 1919 | NO INTERCOLLEGIATE RECORD | NO WORLD'S RECORD |
| 100-YARD DASH | 9.4s. Jesse Owens, East Tech, Cleveland, O., 1933 (World's record share not applied for) | 9.4s. Simpson, Ohio State, 1929 (starting blocks) Meier, Iowa State, 1930 (starting blocks) Wykoff, So. California, 1930 Metcalfe, Marquette, 1933 | 9.4 Frank Wykoff, U.S.A., 1930 |
| 220-YARD DASH (around one turn) | 21.4s. Eugene Goodwillie, Chicago Univ. H. S., 1923 | NO INTERCOLLEGIATE RECORD AROUND A TURN | NO WORLD'S RECORD AROUND A TURN |
| 220-YARD DASH (straightaway) | 20.7s. Jesse Owens, East Tech, Cleveland, O., 1933 | 20.4s. Ralph Metcalfe, Marquette, 1933 (World's record not applied for) | 20.6s. Roland Locke, U.S.A., 1926 |
| 440-YARD RUN (one complete lap) | 48.2s. Herbert Moxley, Central H. S. (Columbus, Ohio), 1928 | 47s. Bill Carr, Pennsylvania, 1932 (World's record not applied for) | 47.4s. Ted Meredith, U.S.A., 1916 Ben Eastman, U.S.A., 1931 (see note below) Victor Williams, U.S.A., 1931 |
| 440-YARD RUN (straightaway) | 48.2s. Frank Sloman, Polytechnic H. S. (San Francisco), 1915 | 47s. (Paced) Maxey Long, Columbia Univ., 1900 | NO WORLD'S RECORD ON STRAIGHTAWAY |
| 880-YARD RUN | 1m.54.4s. R. L. Bush, Sunset H. S., Dallas, Tex., 1933 | 1m.50.9s. Chas. Hornbostel, Indiana, 1933 (World's record not applied for) | 1m.51.6s. Dr. Otto Peltzer, Germany, 1926 (see note below for Eastman record) |
| ONE-MILE RUN | 4m.23.6s. Ed. Shields, Mercersburg Acad. (N. J.), 1916 | 4m.9.8s. Glenn Cunningham, Kansas, 1933 | 4m.9.2s. Jules Ladoumegue, France, 1931 (see note below for Lovelock record) |
| TWO-MILE RUN | 9m.51.4s. Allen Swede, Mercersburg Acad. (N. J.), 1918 | 9m.13.6s. H. A. Brocksmith, Indiana, 1932 | 8m.59.6s. Paavo Nurmi, Finland, 1931 |
| 120-YARD HURDLES | 14.7s. Philip Cope, Classen H. S., Stillwater, Okla., 1933 | 14.1s. George Saling, Iowa, 1932 (World's record not applied for) | 14.2s. Percy Beard, U.S.A., 1931 |
| 220-YARD HURDLES (around one turn) | 24.4s. C. Cory, Chicago Univ. H. S., 1913 F. Loomis, Oregon H. S. (Minn.), 1916 D. Kimball, Deerfield Shields H. S., 1920 | 23.8s. C. R. Brookins, Iowa, 1924 | NO WORLD'S RECORD AROUND A TURN |
| 220-YARD HURDLES (straightaway) | 23.5s. A. Oliver, Roosevelt H. S., Dayton, O., 1931 | 22.7s. Jack Keller, Ohio State, 1932 (World's record not applied for) | 23s. C. R. Brookins, U.S.A., 1924 (see note below) |
| RUNNING HIGH JUMP | 6ft.6in. †Willis Ward, Northwestern H. S. (Detroit), 1931 | 6ft.7⁷/₈in. Bert Nelson, Butler, 1932 | 6ft.8¹/₄in. Harold Osborn, U.S.A., 1924 (see note below for Marty record) |
| RUNNING BROAD JUMP | 24ft.11¹/₄in. Jesse Owens, East Tech, Cleveland, O., 1933 | 25ft.10⁷/₈in. De Hart Hubbard, Michigan, 1925 | 26ft.2¹/₈in. Chuhei Nambu, Japan, 1931 |
| POLE VAULT | 13ft.6¹/₂in. Wm. Sefton, Polytechnic H. S. (Los Angeles), 1932 | 14ft.1¹/₂in. Wm. Graber, So. Calif., 1931 Keith Brown, Yale, 1933 | 14ft.1⁷/₈in. Wm. Miller, U.S.A., 1932 (see note below) |
| 12-POUND SHOT PUT | 58ft.10in. Elwyn Dees, Lorraine H. S. (Kansas), 1930 | NO 12-LB. INTERCOLLEGIATE RECORD (16-lb.—Jack Torrance, La. State 52ft.10in., 1933) | NO 12-LB. WORLD'S RECORD (16-lb.—Z. Heljasz, Poland, 1932—52ft.7 ¹ / ₂ in.) (see note below) |
| DISCUS THROW | 154ft.6¹/₂in. J. C. Petty, Kaufman H. S. (Texas), 1931 | 167ft.5³/₈in. Eric Krenz, Stanford, 1930 | 169ft.8⁷/₈in. Paul Jessup, U.S.A., 1930 |
| JAVELIN THROW | 205ft.1¹/₄in. J. H. De Mers, Sand Point H. S. (Idaho), 1927 | 220ft.11¹/₄in. K. M. Churchill, California, 1931 | 242ft.10¹/₈in. Matti Jarvinen, Finland, 1932 (Jarvinen's 249 ft. 8.4 in., 1933, applied for) |
| RELAY—440 YARDS | 42.4s. Glendale H. S. (Calif.), 1928 | 41.1s. Univ. of Kansas, 1931 | 40.8s. Univ. Southern California, U.S.A., 1931 |
| RELAY—880 YARDS | 1m.28.2s. Polytechnic H. S., Los Angeles, 1931 | 1m.26.5s. Univ. of Kansas, 1931 | 1m.25.8s. (Univ. Southern California, U.S.A., 1927) |
| RELAY—ONE MILE | 3m.21.4s. Hollywood H. S. (Calif.), 1929 | 3m.14.3s. Stanford, 1931 | 3m.12.6s. Stanford Univ., U.S.A., 1931 |
| RELAY—TWO MILES | 8m.9.3s. Deerfield Shields H. S., Highland Park, Ill., 1931 | 7m.42s. Georgetown, 1925 | 7m.41.4s. Boston A. A., U.S.A., 1928 (see note below) |

○ Approved by National Federation of State High School Athletic Associations.
● Approved by National Collegiate Athletic Association.
■ Approved by International Amateur Athletic Federation.

†Cornelius Johnson, Los Angeles High School and U. S. Olympic team jumper, high-jumped 6 feet 6¹/₂ inches in a scheduled school meet in Los Angeles on May 2, 1933, but no application for its acceptance as a national record has been made.

Walter Marty, Fresno State Teachers College, high-jumped 6 ft. 9¹/₂ in. at Fresno, April 7, 1934, outdoors. Not submitted for record.

Keith Brown, Yale, pole-vaulted 14 ft. 4 in. in New York, Feb. 17, 1934, indoor record.

Jesse Owens, Ohio State U., broad-jumped 25 ft. 3¹/₂ in. in New York, Feb. 24, 1934, indoor record.

Glenn Cunningham, Kansas, ran the mile in 4m. 8.4s. in New York, March 17, 1934, indoor record.

The International A.A.F. does not recognize indoor records as world's record.

Interscholastic and intercollegiate data from Spalding's N.C.A.A. Track and Field Handbook, 1934.

World's record data from Spalding's 1934 Athletic Almanac.

Notes on World's Records pending: The following American records have been submitted by the Amateur Athletic Union of the United States for adoption at the meeting in August, 1934, of the International Amateur Athletic Federation:

440-YD. RUN—46.4s. by Ben Eastman, U.S.A., at Los Angeles, April 30, 1932.

880-YD. RUN—1m.50.9s. by Ben Eastman, U.S.A., at San Francisco, June 4, 1932.

ONE-MILE RUN—4m.7.6s. by John E. Lovelock, England, at Princeton, N. J., July 15, 1933.

220-YD. HURDLES—23s. (equals record) by Norman Paul, U.S.A., at Los Angeles, May 6, 1933.

RUNNING HIGH JUMP—6ft.8⁵/₈in. by Walter Marty, U.S.A., at Fresno, Calif., May 13, 1933.

POLE VAULT—14ft.4³/₈in. by Wm. Graber, U.S.A., at Palo Alto, Calif., July 16, 1932.

16-LB. SHOT—53ft.1¹/₂in. by Leo Sexton, U.S.A., at Freeport, L. I., Aug. 27, 1932. On April 21, 1934, John Lyman of Stanford, put the 16-lb. shot 54ft.1in. On April 27, 1934, Jack Torrance put it 55ft.1¹/₂in. These records cannot be acted on until next year.

100-METERS DASH—10.3s. by Ralph Metcalfe, U.S.A., at Los Angeles, Aug. 1, 1932.

110-METERS HURDLES—14.3s. by Percy Beard, U.S.A., and Jack Keller, U.S.A., at Cambridge, Mass. (June 18, 1932) and Palo Alto, Calif. (July 16, 1932) respectively.

TWO-MILE RELAY—7m.40.2s. by British Empire team at San Francisco, Aug. 14, 1932.

ADJUSTABLE BASE FOR VAULTING STANDARDS

By A. M. Barron *

A device for moving the uprights horizontally to suit the needs of the individual



THE pronounced progress in pole vaulting that has seen the record raised from 9 feet 7 inches in 1877 to 14 feet 4 $\frac{3}{8}$ inches today has not resulted solely from improved technique and coaching methods. Improvement in the equipment used by the pole vaulters—the poles, the standards, and the material in the runway and the pit—has made a generous contribution to the ever-rising height of the cross-bar.

In the early days of pole vaulting the poles were of hickory, spruce or ash. They were heavy and lacked the whip and favorable flexibility of the bamboo pole now generally used. The modern planting pit of wood or metal has been standardized and is a great improvement over the old method of using a spiked pole. The spike was later eliminated and a round plug inserted in the planting end of the pole. A small hole was dug in the ground into which the pole would fit. The wooden planting box is a direct development of this.

Improved landing pits of shavings, sawdust and loam in a bed rising eighteen inches to two feet above the surface of the ground level resulted in a great saving of physical and nervous energy, providing a much more comfortable fall for the vaulter.

Coaches and officials responsible for the efficient management of track and field meets have long felt the need for some means of expediting the pole

vaulting part of the program. The drawn-out program, on which the pole vault was a leading offender, has been the subject of considerable attention in recent years, and the desire on the part of officials to make track and field meets more attractive to spectators has resulted in a program that now can be run off in less than two hours, the pole vault being willing. This, however, has always been the rub. The writer, desiring to make a contribution that would allow the pole vault to keep pace with the program as a whole so as not to drag on long after the other events are completed, has evolved an adjustable base for pole vaulting standards, which is modestly presented as a time and energy saver to officials and athletes alike.

It is well known that the factor contributing most to the delay in running off the pole vault is the time taken up in moving the standards along the ground in either direction from a line running directly through the front end of the planting box. There is no provision in the rules forbidding the movement of the standards to suit the needs of the competitor. It is not uncommon to find that every competitor in the event wants to place the standards just a little to either direction of the point desired by the preceding competitor. A study of the number of times the standards were moved in four Eastern meets revealed these interesting facts:

University of Pennsylvania Relays, 1932—The uprights were moved 55 times by 17 vaulters.

University of Pennsylvania Relays, 1933—The uprights were moved 46 times by 15 vaulters.

Middle Atlantic A.A.U. Championships, 1932—The uprights were moved 20 times by 7 vaulters.

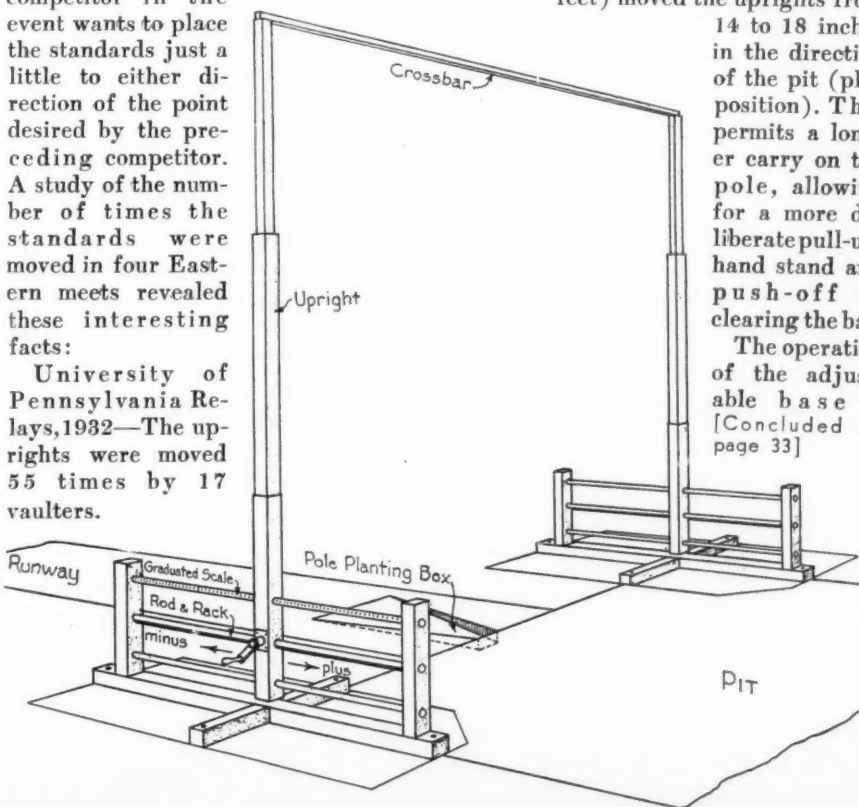
Meadowbrook Club Indoor Meeting, 1932—The uprights were moved 45 times by 10 vaulters.

These figures, of course, pertain to the pole vault for the college age group, but a similar study of a high school pole vault competition would, I believe, reveal a shifting of the standards almost equal to the above.

The adjustable base has been put to a practical test in the Penn Relays, where it has contributed appreciably to the efficient and prompt running of the pole vault event. In these meets on Franklin Field, and in others where the adjustable base has been used, the writer observed that no vaulters at any time moved the uprights more than six inches in the direction of the runway (called the minus position on the scale—see drawing below). Most of the vaulters used the plus position (in the direction of the landing pit). The higher the cross-bar the further toward the landing pit (plus) the uprights were moved. The best vaulters, when vaulting at their maximum heights (in the neighborhood of 14 feet) moved the uprights from

14 to 18 inches in the direction of the pit (plus position). This permits a longer carry on the pole, allowing for a more deliberate pull-up, hand stand and push-off in clearing the bar.

The operation of the adjustable base is [Concluded on page 33]



*Mr. Barron, the designer of the adjustable base for pole vaulting standards, is instructor in physical education and football coach of Central High School, Philadelphia, and track coach of Swarthmore College.

**KIPKE**

The
**NEW ENGLAND
 COACHING SCHOOL**



Conducted by
NORTHEASTERN UNIVERSITY
 BOSTON, MASSACHUSETTS

JUNE 25th to JUNE 30th



The Country's Leading Coaches

Kipke—Crisler—Ruby

Major Griffith—Walter Okeson

Dick Harlow—Joe Donchess

Dr. Kontoff

**CRISLER**

A faculty of specialists giving complete instruction in their subjects. A real opportunity to receive new ideas, new methods in subjects which interest YOU. A personalized coaching school of real value. Daily question and answer period.

ENTERTAINMENT

Tuition \$25.00

SPECIAL HOTEL RATES

HOTEL LENOX

Official Headquarters Teaching Staff



Write for full information and catalog to

Professor E. S. PARSONS

Northeastern University

BOSTON, MASS.

**RUBY**

WINNING SYSTEM

By George W. Scott

Scholastic Coach readers will recall Mr. Scott's article, "The Triangle Shuffle Block," in the September, 1933, issue, in which the author wrote of the application of this type of line play to the Scott system that has been developed over a period of twenty-two years at Fort Collins, Colorado, High School. In that article Mr. Scott diagrammed his basic play to show more clearly how the triangle shuffle block was used. At the same time he mentioned that he attributed much of the Fort Collins success in football to the limited number of plays in their repertory. Herewith Mr. Scott presents an analysis of the six plays on which his system depends. The diagrams for these plays are on page 21.

AGAIN may I repeat that the high school coach is confronted with a much different problem in developing a football team than is the college coach. In general the college coach knows his players a year ahead of time, has several men for each position and need only pick the better men for the team. Also, the physical makeup of an individual player of college age is apt to change very little in the course of a year.

If the high school coach does not have a punter or a passer he must develop one. The boy who last year had no size and no promise has grown to be a possible candidate.

Consequently the high school coach must spend most of his time in fundamental development and must therefore limit the number of plays. Again these high school youngsters lack coordination and game experience, so the plays which are used must be very simple and their execution thoroughly mastered.

In my early coaching experience I had new plays for every game. Whenever I saw a new play work I immediately adopted it. The result was we lost many games that we could have won with the application of a little simplicity. I have found it very difficult to develop quarterbacks capable of using more than a few plays. With only three or four plays the quarterback is usually able to select a good one for any emergency. Our quarterback absolutely runs the team and gets no help from the coach after going on the field. Beginning in 1925 I figured out every play before the season started and kept to those plays, except in 1929, which is the only season since 1925 when we did not play in the final state championship game. That year I heard so much about the lateral pass that I decided to try it. It is not at present included in our set of plays although with a looser system and plenty of time I have no doubt it has merit. However, I do not believe the lateral pass can be made to gain consistently under the present rules.

Our system at Fort Collins is elastic enough to allow almost any-sized player to be used in any position. For instance, our centers have varied from 141 pounds to 229 pounds, but all have been heady players and mechanically perfect as passers.

An offense must possess speed, deception, power, blocking and most of all a spirit of cooperation. Unless a ball-carrier is also willing to run interference he can-

not fit into our organization. All our plays are run from the same formation. It requires about five weeks each fall to put our six running plays into smooth-running condition. We scarcely ever use all six plays in one game. The harder the game the fewer the plays. When yardage is needed, we use a play that we know has made yardage.

When ready for our first game of the season I have our quarterback call a signal from the huddle. I line up in front of the team and attempt to guess the play. When the team has so perfected its plays that the coach is unable to know where the play is intended I do not believe the opposition has much chance of knowing the play.

The basic play and the triangle shuffle block were given at length in the September Scholastic Coach. However, it will be necessary to review our basic play since all others are built from it.

We employ a single wingback formation from an unbalanced line. All plays will be explained for a seven-man line defense and then adjusted for a six-man line.

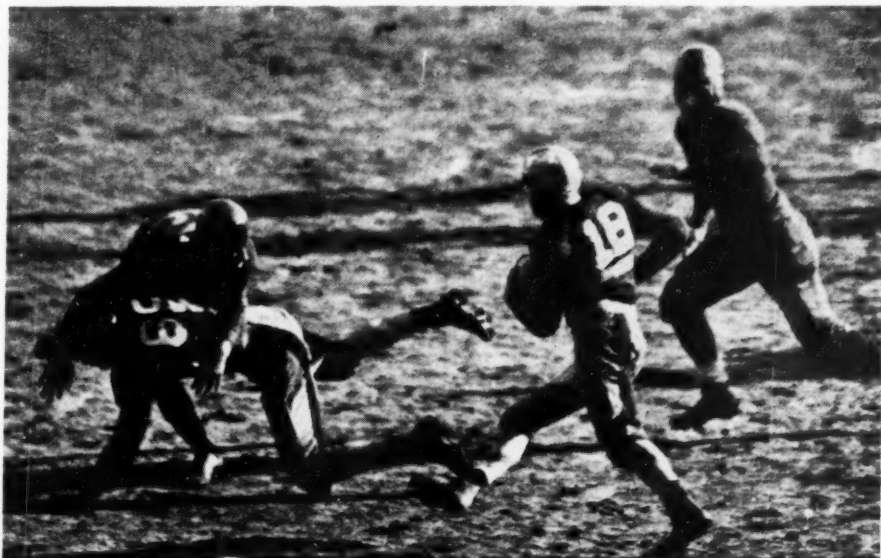
The players will be numbered the same for all diagrams. Nos. 1, 2, and 5 are interchangeable. (See diagrams, page 25.) Two of these men must be able to punt, pass and receive passes well. No. 3 is our primary interference man and must like to take the end. No. 4 must be a hard, sure blocker. On our best teams No. 3 and No. 4 could change places. Both should be good line pluggers—capable of making two or three yards for a first down or the last two yards for a touchdown when necessary. On two of our state championship teams none of these five players weighed over 143 pounds. The center (C) must be heady and a sure passer. The guard, No. 6, and the inside tackle, No. 8, must be fast and willing to run interference. The center (C), guard 7 and outside tackle 9, must be strong blockers and eager to give and take. End No. 10 must be a good blocker, a pass receiver and should be able to carry the ball at times.

Nos. 4 and 10 must team together perfectly.

The positions are as shown in Diagram 1 with Back No. 1 about four yards behind the center. No. 2 must be a yard back of No. 1 for the reverse play to be properly executed. No. 3 four feet back of the line and No. 4 about the same.

The Basic Play, Diag. 2A, 2B

The deception on this play (Diagram 2A) is furnished by End No. 5, who moves out fast and in behind the left defensive half. No. 10 steps hard and low into the defensive tackle. As the tackle plays him with his hands No. 10 goes on and blocks the full. The timing to get this full is very important. No. 4 takes one step with the outside foot, hesitates and then shoulder blocks the tackle while the latter is playing No. 10. Should he miss the shoulder block, No. 4 catches the tackle with his thigh. In either case the tackle must be taken inside and No. 4 must stay with him. Our 1932 No. 4 man purposely missed with his shoulder but his thigh block was excellent. Backs No. 3 and No. 2 start as though to take the defensive left end between them. No. 2 goes a little faster and apparently outside the end. Just as the end plays No. 2 with his hands to avoid being blocked No. 3 measures the end and rolls him with a thigh and shuffle block and *stays with him*. No. 2 cuts directly over the position occupied by the end and joins the interference. The center (C), No. 7 and No. 9 use the triangle shuffle block on their opponents as indicated and stay with them. No opponent under any condition must be allowed to get ahead of his man. If he slips loose and goes behind he will be caught by the next blocker. No. 8 pulls out rapidly and his first assignment is to make sure that the defensive tackle is down. He then looks for the full and rarely does he pass up both men. No. 6 also comes out rapidly and watches for any man to break through. His assignment is the left half. Both No. 6 and No. 8 must absolutely get their men. They are two of



SPRINGFIELD COLLEGE COACHING SCHOOL

SPRINGFIELD, MASS.

July 2 to July 14, 1934

BASKETBALL—

Dr. F. C. (Phog) Allen, University of Kansas, July 2-9

FOOTBALL—

Andrew (Andy) Kerr, Colgate University, July 9-14

TRACK—

E. W. Thomson, Naval Academy, Annapolis, July 9-14

COURSE BY DR. KARPOVICH—

Coaches will be particularly interested in a course by Dr. Peter V. Karpovich on physiological problems in athletics.

In addition to the above, complete courses are also offered July 2 to August 4, in physical education practice and theory, general education, character education. Special emphasis given to graduate courses.

G. B. AFFLECK, Director Summer School, Springfield College, Springfield, Mass.

Please send me complete Summer School Announcement. I am primarily interested in: S.C.

NAME _____

ADDRESS _____

INSTITUTION _____

POSITION _____

the most valuable men on the team.

If the play works as it should and the timing is correct the positions an instant after the ball is snapped will be as shown in Diagram No. 2B.

The B diagram to each play shows the offense where it would be an instant after the ball is snapped, if all men carry out their assignments.

Speed is necessary to get to the position in Diagram 2B. Power is developed because if the play is properly executed three men are leading the ball-carrier as he gets to the line of scrimmage. If No. 6 and No. 8 are needed for the tackle and full, No. 2 goes straight for the half. No. 1 with the ball follows two steps behind and breaks into the clear as the half dodges No. 2.

This play is equally effective with a six-man line. Guard No. 7 has no assignment since his man is backing up the line. He hesitates to get the correct timing and cuts down the extra fullback as he comes past his position.

The Reverse, Diag. 3A, 3B

When the offensive team shifts to an unbalanced line and makes its plays work the tendency of the defense is to also shift to that side. In Diagram 2 you will find places definitely assigned for a seven-man defensive line. The defense may not take exactly the positions assigned but the variation will be so small that the offense will readily adjust themselves to it. Any offensive player must know where every defensive man is playing. The defensive right guard in Diagram 2 should play exactly opposite the offensive center. Whenever he shifts past the position the reverse play will work (Diagram 3A). In order to deceive the defense the reverse play must start exactly as the basic play. The ball is passed to Back No. 1, who starts fast as he did in the basic play. Back No. 2 remains still and receives the ball just as No. 1 passes him. No. 1 keeps on running hard and turns with his back to the line faking a forward pass. To complete the deception No. 10 gets down the field fast and back of the left half. No. 3 starts slowly in order to give the defensive end time to get across. No. 8 pulls out fast and wide and apparently outside of the end. As the end checks himself to avoid being boxed No. 3 rolls him hard. No. 8 cuts inside the end and goes for the half. The center (C) blocks and goes through for the half. No. 7 blocks the guard who was playing on the center* with a triangle block. No. 5 and No. 6 high-low the tackle who usually shifts over as the basic play begins to function. No. 9 blocks the center for a moment but his real assignment is to make sure the defensive right tackle is down. This No. 9 is known as a clean-up man. No. 8 pulls out fast and No. 9 fills the hole momentarily, making the opposing center go behind him. This checks the center long enough so that he cannot possibly reach the ball-carrier, No. 2. No. 9 continues right along what was the line of scrimmage and continues in the interference. Many times, particularly if the tackle charges out, No. 9 finishes him and does not go on. I would much rather put three men on the tackle if in so doing it would

assure the ball-carrier's getting past the line of scrimmage. This play usually causes the defensive center to start in the opposite direction and then find himself unable to get to the ball-carrier in time.

No. 4 starts fast and if the timing is correct will be exactly right to lead the interference for No. 2. No. 2 starts very fast, cuts sharply as the end goes down and, as No. 2 passes the line of scrimmage he cuts to the outside as No. 4 keeps the fullback inside. If this play is correctly executed the defense will be caught going in the opposite direction. The only adjustment necessary for a six-man line is to have the center take the full in place of the half. The deception draws the other full so far over that he cannot get back into position.

I realize that on paper this play may not look so good. On the other hand, we find lots of plays that look good on paper that will not work out in practice.

The defensive center is a very important man. Should he charge without hesitation he would leave himself wide open on the spinner and basic plays. This reverse has worked for me a thousand times and can be really mighty well timed. Of course, the reverse must be well disguised and so executed that the defense will either hesitate or start in the wrong direction.

After the basic play and the reverse have been used several times on each side the tackles and ends are very sure to stay put. If these plays have been worked correctly the tackles will play well outside of the offensive ends and charge out. Generally they will hesitate to see the direction of the play before charging. The inside lineman will also hesitate if the reverse has the proper deception. This must be mastered. The next play looks like both of the others but is really a half-spinner through the line.

The Spinner, Diag. 4A, 4B

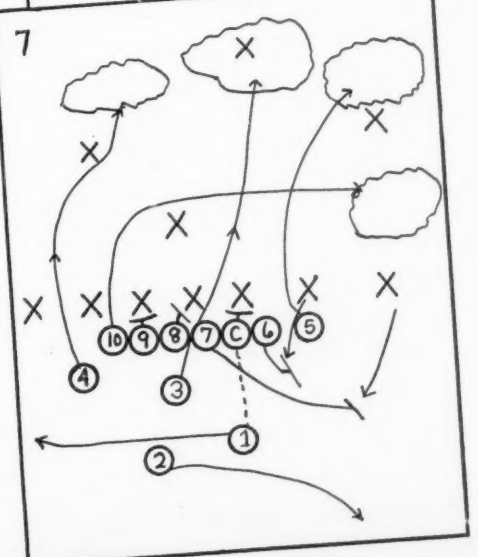
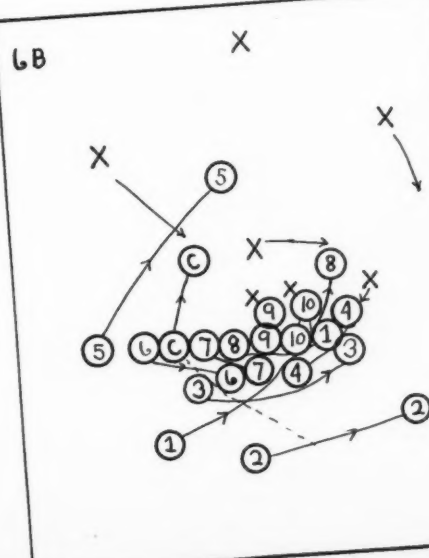
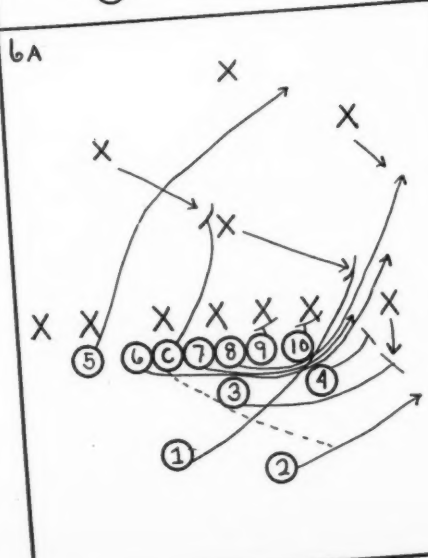
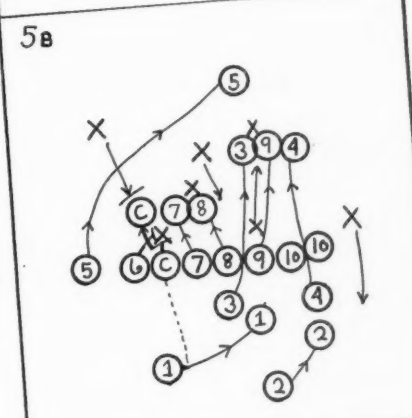
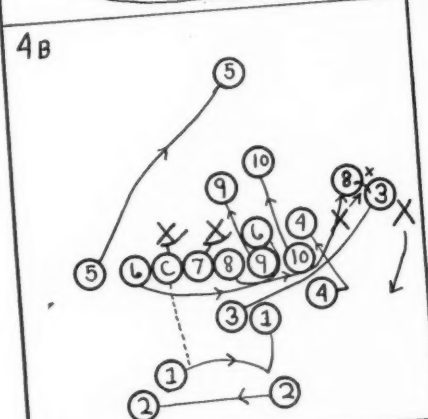
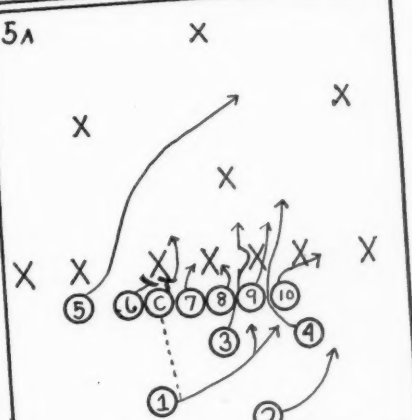
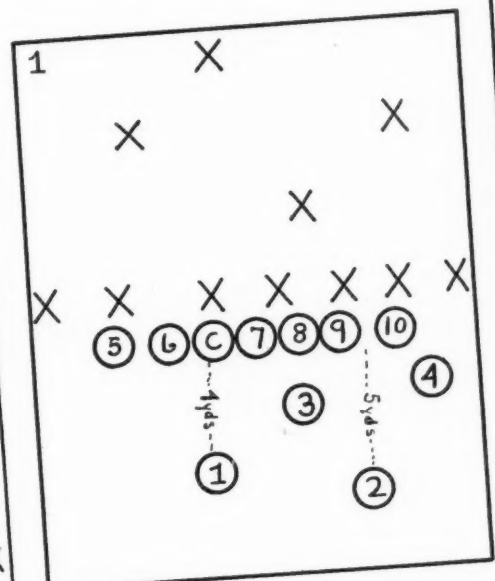
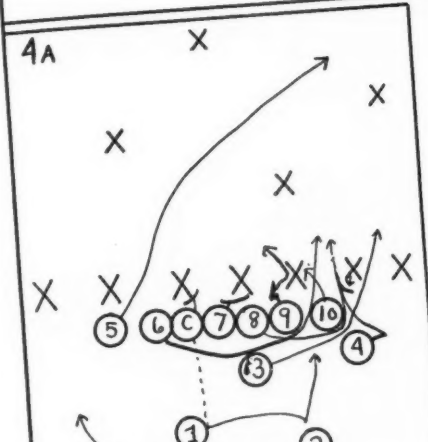
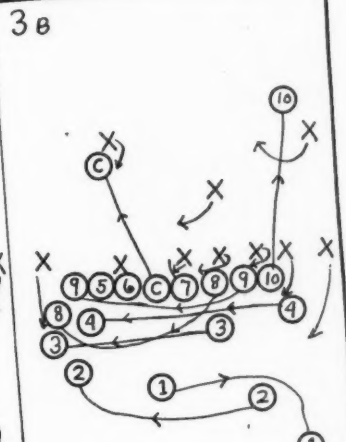
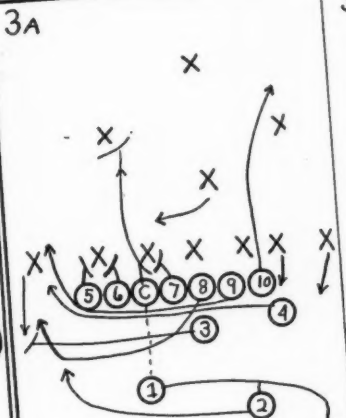
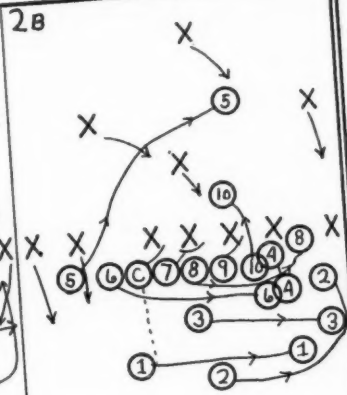
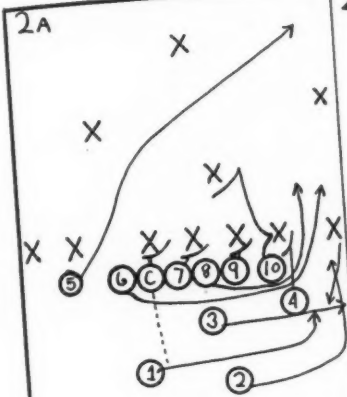
This play employs a well-timed system of cross-blocking which metes out a lot of punishment on the defensive tackle and guard.

Players No. 10 and No. 9 team upon the defensive guard and by use of the shoulder block take the guard back and toward the center. No. 8 and No. 3 team up and drive the tackle out and back also with a shoulder block. A wide hole is opened since neither the guard nor the tackle have been blocked in this manner on either the basic play or the reverse. No. 4 takes one step to the right to draw the end out and then comes back to join No. 6 and lead the interference. No. 6 of course does not hesitate. These men keep together until they meet the fullback coming into the hole. They hit him together, No. 6 staying with him and No. 4 going on for the half. The center (C) and No. 7 use the triangle shuffle block on the guard and center. No. 5 goes out back of the half as though to receive a forward pass. The ball is passed to No. 1 who fakes a pass to No. 2, half spins and follows No. 6 and No. 4 through the hole. This play carries a double deception and plenty of power. No. 2 must fake hard and long. Many times we have used this as a power play, sending No. 1 directly through the hole without spinning and faking.

[Concluded on page 22]

*Through an error in transcription, Diagram 3A shows No. 7 blocking on the wrong side.—Ed.

MAY, 1934



TEXAS TECH Coaching School

"1,198 Coaches Have Attended
Past 3 Schools"

JULY 30-AUGUST 11

LUBBOCK, TEXAS

FOOTBALL

Kipke—Michigan

SHORT PUNT

Crisler—Princeton

SINGLE WING

Kizer—Purdue

NOTRE DAME

Dietz—Boston "Braves" Pro.

DOUBLE WING

Newman—New York

"Giants" Pro.

Q. B. PLAY—PASSING

Miller—Navy

LINE PLAY

BASKETBALL

Keogan—Notre Dame

Krause—Notre Dame

TRACK

Schulte—Nebraska

PHYS. EDUCATION

Whitaker—Texas

INJURIES

Bullock—Illinois

HIGH SCHOOL RULES and ORGANIZATION

Henderson—Texas

ENTERTAINMENT

"MOST FUN IN U. S. A."

Free golf, swimming,
dances, banquets, rodeos,
barbecues, fight nights,
ladies' tea, bridge and pic-
ture show parties.

CLIMATE

"We guarantee you will
sleep under blankets."

FEE—\$25.00—NO MORE

Each 12 story Hotel offers
Room—\$15.00 for one man;
\$18.00 for man and wife;
\$25.00 for two men.

WRITE P. W. CAWTHON
Tech Gym, Lubbock, Texas

Winning System

[Continued from page 20]

If a six-man line is used against the spinner either the center or No. 7 take the extra full. A definite agreement must be reached between these two men as soon as the defense shifts into position. This play usually produces greater yardage against a six-man line, since the guard and tackle are playing farther apart and a larger hole is opened between them.

The Steam Roller, Diag. 5A, 5B

The blocking on this play starts with No. 9 going head-on and low into the guard. No. 3 and No. 4 catch the same guard with a shoulder block and all three put him back until they meet the full coming into the play. No. 7 and No. 8 shoulder block or high-low the center. After the first trial they decide which is the most effective block. The center steps into the guard and goes on to the right half. No. 6 finishes this guard. No. 5 goes back of the left half and fakes receiving a forward pass. No. 10 makes sure the tackle is turned out and stays with him. No. 2 cuts out fast and finishes the tackle. The ball is passed to No. 1 who starts fast, hesitates to see which hole the fullback enters and goes into the opposite one. Since this play is generally used to make a yard or two for first down it is probably better for the ball-carrier to watch the open spaces rather than the opponents. Against a six-man line the center leaves his guard to No. 6 and gets the extra fullback. This play must be executed quickly and every man must go forward as long as it is at all possible. After the tackles have been spread out by the basic play and the reverse this steam roller at times will make lots of yardage.

Wide-Pass End Run, Diag. 6A, 6B

High school ends on defense usually decide after the basic play and the reverse play have been run inside them that it is

best to try smashing tactics and cut directly at the heart of the interference. A lateral pass play will usually get outside this type of end. However, I have found lateral pass plays dangerous and too slow. Accordingly, a few years back we devised a wide pass play that has consistently made long gains. It requires much practice on the part of the center, but we have had many centers master it.

Diagram 6A illustrates this play and the necessary blocking. Speed is the first requirement. Incidentally this play has done much to develop our interference. The player who will not get his man will show up very quickly on this play. The ball is passed wide to No. 2 as shown. No. 4 blocks the end with his full length and keeps in contact with him. To make sure the end is down No. 3 hits him, too. Neither man is allowed to go past the end. No. 10 uses the triangle shuffle block on the tackle and No. 9 employs the same block on the guard. No. 1 cuts for the full and is helped by No. 7. No. 8 goes for the half and is helped by No. 6. The center cuts off the right half and No. 5 fakes a forward pass. No. 2 must catch the ball high and on the dead run.

The Forward Pass, Diag. 7

The forward pass play in Diagram 7 shows how the players line-up on all plays when the strong side is shifted to the left. The ball is passed to No. 1 exactly as on the reverse and is passed to No. 2 who fades back for a forward pass. This double pass provides deception and gives time for the pass receivers to get in position. Nos. 4, 3, 10 and 5 go as indicated and of course use the established methods of change of pace and direction to lose their men. No. 7 pulls out and protects the passer. This enables No. 3 to easily get through the line. No. 10 crosses the line of scrimmage, hesitates and is usually not covered as he crosses behind the full.

and other authoritative information on the game see *Modern Rugby Football*, Group 11, No. 24, of Spalding's Athletic Library.

Rugby

[Continued from page 8]

bridge team was taken with great surprise when the Harvard wing-three-quarter threw in the ball using a perfect spiral, his teammate catching it far out on the end of the line and dashing for a try. Afterward, the Cambridge players said that they would try to learn this pass. But it will require especially big hands to get a spiral grip on rugby's fat ball. Less satisfactory spirals can be thrown with the ball lying flat in the hand.

When the ball passes over the dead-ball-line (end line), or when it is touched-down by a player behind his own goal-line, a touch-down (corresponding to our safety) is scored and the ball is put back into play by a drop-out from inside the 25-yard line.

The rules of rugby are really quite simple, and are not nearly so complicated as they may sound to an ear unaccustomed to the terminology. For the official rules

Pageant & Beauty in Cleveland

A feature of the American Physical Education Association convention in Cleveland last month was the presentation of "Olympia Through the Ages," a pageant depicting the history of athletics and physical education from Athens to Ann Arbor. More than three thousand children from the Cleveland schools, moving with fine pace through a panorama of fifty scenes, took part in the production. There were several moments of breathless beauty, such as in the folk-dancing and "Gay Nineties" numbers. These were evidence of professional, directorial genius. Somebody in Cleveland has it. J. L.

RHYTHM AND PRECISION OF FANCY DIVING

By Frederick A. Spongberg

Mr. Spongberg makes a unique contribution to the study of diving with the publication in this issue, for the first time, of his photographic studies of the five compulsory dives and a selection of optional dives. These composite photographs, for which Mr. Spongberg himself posed, are on the next two pages.

FANCY diving comes under the heading of gymnastics. Rhythm and precision, touchstones of good timing, determine the quality and scoring power of the established dives. Another phrase for it is "good form."

The dives may be described, for writing and coaching purposes, in three parts: the approach and spring, the flight through the air, and the entry into the water.

Many otherwise splendid "form" divers spoil a good score by a poor approach. The approach is vastly more than a run. The element of timing in approaching the spring-step off the board is a vital factor in determining the complete, whole beauty of the first part of the dive.

Never "rush the hurdle"

In learning the proper run, or approach, the diver should start from a point on the board about four ordinary steps from the diving end of the board. The actual approach should consist of three lively steps and a jump (hurdle) of about 24 inches in length and about 12 inches in height. The first three steps must not be at top speed, and ought to be rather deliberate but well spaced withal, because after a fast approach it is very difficult to make the slow, well-timed hurdle so necessary in order to get the proper timing when taking off in the actual spring. A poorly timed hurdle in itself is enough to throw the whole dive askew. It is important never to "rush the hurdle."

Flat-footed take-off

Another error common among unfinished divers is to be seen in their manner of striking the board. They hit it flat-footed. There is probably no more effective way of taking the beauty out of the beginning of a dive than by hitting the board flat-footed. That landing must be made on the balls of the feet, for there is where spring and control can be exerted, and the flow of direction logically carried on. Landing flat-footed not only over-emphasizes unimportant and rather ugly movements, but it tends to throw the body weight away from its natural center for the flight up that is to follow the take-off.

A still further point in the take-off ought to be emphasized to your divers, especially the boys and girls of limited diving experience. That is, point out to them the ideal landing spot on the board. This is a point two inches from edge of the board, and it is there, or very close to there, that the toes ought to be planted, with both feet striking simultaneously in order to make for an even spring and well set carriage on the flight up. This even spring is necessary in order to get the maximum height on the dive.



Perfect Front Jack-knife by Desjardins

Another factor in determining the quality (height, direction and body-carriage) is the rhythm of the spring-board itself. The spring-board's behavior must be taken into strict account. The diver must time his lift (spring off the board) with the rhythm of that particular board.

General rules

The general rules for executing springboard dives from the three-foot as well as the 10-foot boards are as follows:

1. The starting position shall be in a free and unaffected manner, but the approach to the starting position (not to be confused with the approach to the dive) shall not be taken into consideration by the judges in giving their awards.

2. In all running dives from the spring-board the run should be smooth and consist of no less than three steps and a

Acrobatics over the water require conformation to established form

jump (hurdle) of about 12 inches in height and 24 inches in length.

3. The actual takeoff must be from both feet simultaneously and on the balls of the feet.

4. During the passage through the air the body may be carried (1) *straight*, (2) with *pike*, or (3) with *tuck*, depending on what style the diver has selected from the table of the degree of difficulty.*

The usual diving program in a high school consists of five required dives and three optional dives. The required dives are the running front dive, the back dive, the running half gainer, back jack-knife, and running front dive with half twist.

Each optional dive must be selected from a different group of optional dives to be found on pages 20 and 21 of the 1934 N.C.A.A. Swimming Guide.*

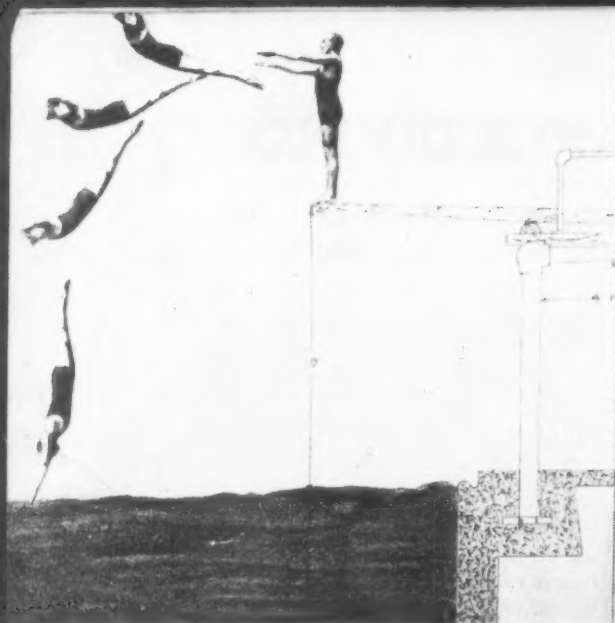
For practise, the divers should strive for perfection in five optional dives, instead of just the three they intend to use in the competition. After fine form has been reached in five optional dives, the diver can, of course, very well go on and add other optional dives to his repertoire. But a diver of only average ability (and high school coaches are lucky if they have divers even this good) should not select his optional dives from the more difficult dives in the scale unless he is reasonably sure he can execute the dive well.

Five optional dives that should be practiced in a workout are: the running $1\frac{1}{2}$ forward somersault, the running double forward somersault, the cut away somersault, the backward $1\frac{1}{2}$ somersault and the running front jack-knife with half twist.

The ten dives, five required and five optional, illustrated on the next two pages, are shown from a 10-foot board for the purpose of allowing room in the illustration to show the turns and twists of the body. The same technique as shown in these illustrations with the 10-foot board apply to the dives from a 3-foot board, with the exception that the dives are executed a little faster when done off the lower board.

A point of finality, actually and figuratively, to be emphasized is: Always drive the dive straight down to the bottom of the pool. The dive is not over, from the judges' point of view, until the entire body is submerged. A clean, incisive finish is a convincing conclusion to a good dive.

*This table and complete rules may be found in the N.C.A.A. 1934 Swimming Guide, No. 91R in the Spalding's Athletic Library, American Sports Publishing Co., 25 cents.

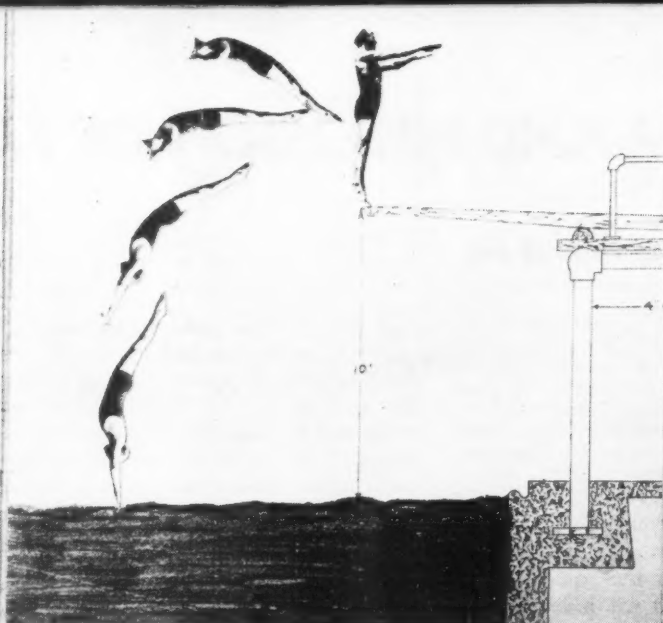


FRONT DIVE Running

In all running dives the take-off should be bold and confident and embrace at least three steps and a hurdle about 12 inches high and 2 feet long. During the passage through the air the head must be kept well up, the body slightly arched, legs together, knees straight, toes well pointed. The arms should be at right angles to the body in line with the shoulders and kept there until about half way down between the water and the board, when they should be brought up in front of the head in line with the body. Arms should be straight and hands almost touching each other and kept that way until the entire body is submerged.

1½ FORWARD SOMERSAULT Running

This dive may be performed with either the tuck or pike. It differs from the Forward Somersault in that this dive (the 1½) calls for a head entry, while the Forward Somersault calls for a feet-first entry. The tuck or pike may be used in both. The tuck for the 1½ Forward Somersault, as in this illustration, must be held a little longer than in the Forward Somersault, in order to get a clean head entry. Good height, close tuck, early opening-up so as to get a straight, clean entry, toes well pointed and arms in line with the body, are points to observe in order to score high.

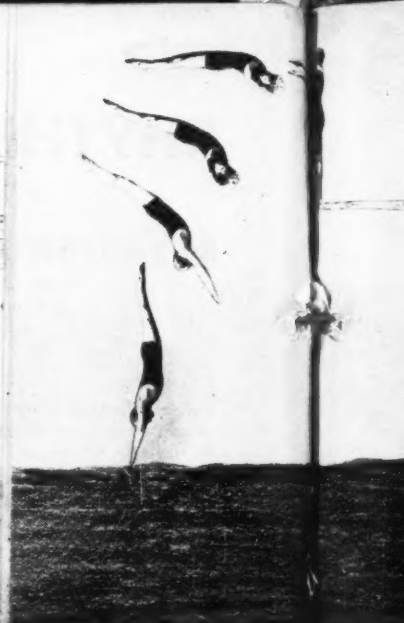


BACKWARD DIVE

After the take-off the body should be slightly arched, as shown, with head well back. The arms may be extended above the head after the take-off, and kept there during the passage through the air and entry into the water, or at right angles to the body as in this illustration. In the latter case, the arms are kept straight and at right angles with the palms turned up and fingers kept together. When about half way down, the arms are brought above the head and the entry is made as shown in the illustration. The diver should not lean back too much while springing the board, but should go up almost straight and at the height of the dive start the bending. The bending must be slow (gradual) and smooth (without jerks).

FORWARD DOUBLE SOMERSAULT Running

The take-off is the same as in the 1½ Forward Somersault (tuck), but the tuck in the Double Somersault is held a little longer in order to make the two somersaults and a feet-first entry into the water. The Forward Double Somersault may be made also with a pike in both somersaults. In the Double Somersault with tuck, as here shown, the tuck must be distinct up to the point of final release of the legs for the straightening-out of the body and entry into the water. In the entry the legs must be straight, arms at side, toes well pointed. A common difficulty is in completing the second somersault high enough above the water to permit the full straightening-out of the body at the moment of entry.



HALF PIKE

In making the take-off the body is carried forward and the diver should try for as much height as possible. The position of the head, arms and legs through the air is exactly the same as in the illustration to the left, except, facing is just the opposite. The arms may be kept out at right angles to the body, or out at right angles to the head, or out at right angles to the body. The arms are kept out at right angles until a point about half way down, when they are brought above the head in line with the body. The legs are kept straight and pointed throughout the dive. The entry is the same as the front dive.

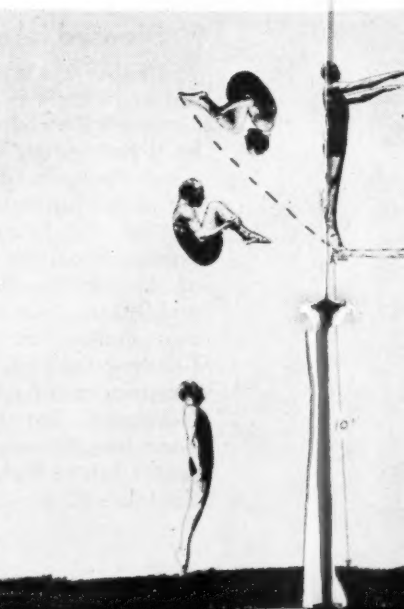
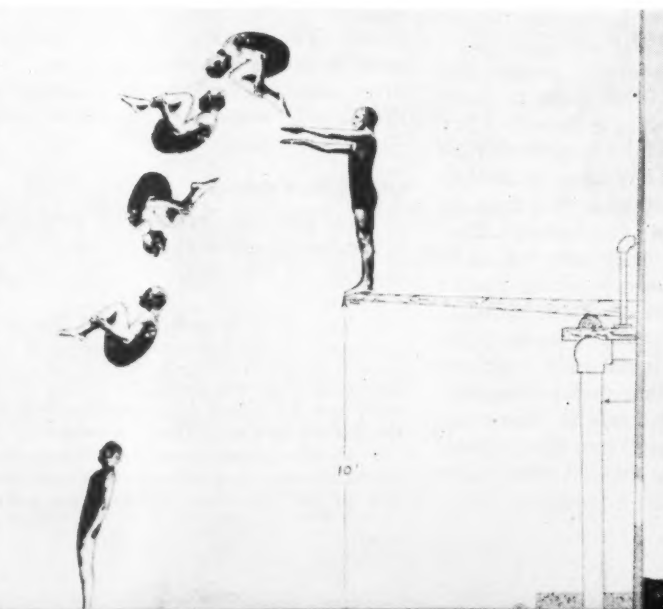
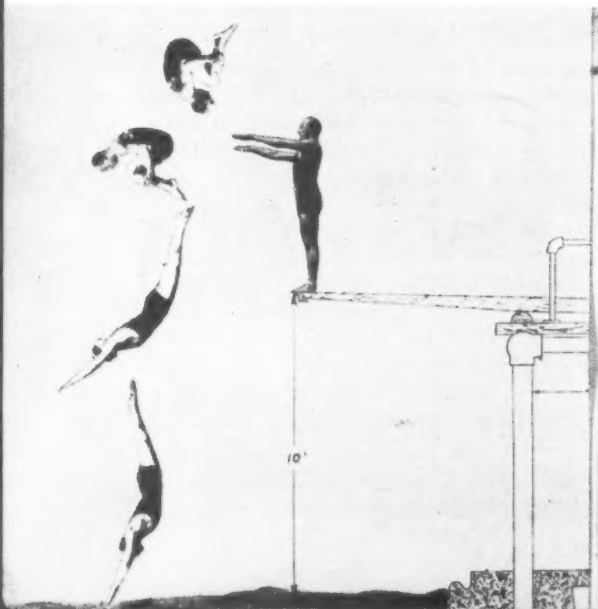
Above: The Five Compulsory

The dives in these illustrations are from a 10-foot board in order to allow sufficient height for the position of the body in the air. Exactly the same technique applies for dives from the 3-foot board, the height used by most schools in diving.

Below: Suggestions for Optional

CUT AWAY SOMERSAULT

The take-off is made in the same manner as the Jack-Knife. The diver should strive for as much height as possible, making sure that the body is straight at the take-off, and then starting his forward spin. The Cut Away Somersault may be made with either tuck or pike. The points are gained by keeping the tuck position of the somersault contributes to a



AL WNER

off the body is carried upward and out-
ould try for as much height as possible.
ead, arms and legs during the passage
ctly the same as in the Backward Dive
the left, except, of course, that the
osite. The arms may be extended above
ight angles to the body, as in this illus-
kept out at right angles to the body
half way down, when they are brought
e with the body, the hands touching
y into the water takes place. The body
legs are straight, and the toes well
e dive. The entry is the same as in

Five Compulsory Dives

illustrations are shown from a
rder to allow sufficient space for
on of the body in the important
e same technique and mechanics
m the 3-foot board, which is the
st schools in diving competition.

Instructions for Optional Dives

AY SOMERSAULT

in the same manner as in the Back
ould strive for as much height as
at the body is not leaning backward
off is made, lest he have difficulty
. The Cut Away Somersault may be
or the tuck, as shown here,
ep. a tuck tight. Early comple-
ontributes to a successful entry.

BACK JACK-KNIFE

The diver should try to get as much spring
as possible so as to obtain a maximum height.
At the height of the dive the pike is made, as
shown in the illustration—arms straight, hands
touching just below the shins, the knees locked
and the toes pointed. The opening of the jack-
knife should be made well above the board in
order to permit a straight, clean entry with
arms extended straight in front of the head,
hands touching each other in line with the
body. Common failings are: unlocking of the
knees, opening of the knife too fast, and having
too much arch in the back when entering the
water.

BACKWARD 1½ SOMERSAULT

The somersaults should be completed well
above the board, whether tuck, pike or straight
body is used in somersaulting. In the tuck style,
as illustrated here, the diver should avoid arch-
ing his body too much in coming out of the
tuck, as it will cause him to go over and pre-
vent a clean-cut, minimum-splash entry. The
entry is the same as in the Back Dive. Common
failings are: leaning back too much when spring-
ing the board; failure to time the spring prop-
erly in order to get the maximum height;
neglecting to keep the knees straight, toes
pointed and arms in line with the body when
entering the water.

FRONT DIVE WITH ½ TWIST Running

After the take-off the body is carried up-
ward and outward, as in the Front Dive. As the
body starts to descend the arms are brought
above the head and a half twist is made, mak-
ing the entry into the water the same as in the
Backward Dive, with the body slightly arched,
arms straight above the head, hands touching
each other in line with the body, head well
back, knees locked and toes well pointed. This
position should be kept until the entire body
is submerged. Common failings are: swinging
the legs up too fast, thus causing the diver to
go over; going up too straight when springing
the board, causing the dive to be short.

FRONT JACK-KNIFE WITH ½ TWIST Running

In making the take-off the diver should try
to get as much height as possible without going
out too far. At the highest point the body is
bent into the jack-knife position, with arms
straight and fingers touching the shins just
above the ankles. The knees should be locked
straight and the toes kept pointed, as shown.
The twist should not be started until the body
is half way straightened, well above the board.
Entry into the water is the same as in the
Back Dive.

Copyright by Frederick A. Sponberg



LOU LITTLE COACHING SCHOOL

*Just Before You Return
to the Job in September*

**Mon., August 27 to Sat.,
September 1 (one week)**

Conducted by the entire

COLUMBIA UNIVERSITY COACHING STAFF

(WINNERS OF THE 1934 ROSE BOWL GAME)

at HORACE MANN SCHOOL 242nd St. and Broadway
New York, N. Y.

An intensive one week course in the theory and practice of football coaching for college, high school and preparatory school coaches.

The school will be in session at least five hours daily for six days to cover all details of football coaching. Furthermore, Lou Little and his staff of coaches will be in attendance throughout the entire duration of the school. You at least will know one football system thoroughly and it will be adaptable to your own. The staff will be available after hours to help you with your individual problems.

For Information and Registration write to:

HERBERT KOPF

401 JOHN JAY HALL

COLUMBIA UNIVERSITY, NEW YORK

URSINUS COLLEGE

Summer School of Coaching and
Health and Physical Education

Football by
GLENN S. WARNER

*This will be the only school Warner will
attend during the summer.*

HARVEY J. HARMAN
Head Coach at University of Pennsylvania

BASKETBALL

by **LON JOURDET**
Head Coach at University of Pennsylvania; 1934
Champs Eastern Intercollegiate Basketball League

Actual Demonstrations
By Trained College Players

COACHING SCHOOL
AUGUST 15-25

Health and Physical Education

Instruction by **PROFESSOR**
OSCAR E. GERNEY and associates
July 16-August 15

Credit toward the Pennsylvania State Special
Certificate in Health and Physical Education
which is accepted in every other state, will be
granted by Ursinus College on satisfactory com-
pletion of work in both Physical Education and
Coaching.

For information, address

R. C. JOHNSON, Director
Collegeville, Pennsylvania

JOIN COURSES

in

**Physical Education
Health Education
and
Athletic Coaching**

Offered by Outstanding Staff
Graduate and Undergraduate
Credit

Start work now on a
Bachelor's, Master's, or
Doctor's Degree

*"Spend Your Summer in the Cool
of the Mountains"*

Low fees; campus golf course; swim-
ming facilities; low rates for board
and room; reduced railroad rates.

Inter-Session • Main Session
June July-August

Post-Session
August

For Catalog
Write to Director of Summer Sessions
The Pennsylvania State College
State College, Pa.

Coaching Schools Chronological Directory

JUNE

JUNE 11—Ohio University, Athens, O., June
11-July 7.

University of Missouri, Columbia, Mo.,
June 11-Aug. 3.

Utah Agricultural College, Logan, Utah,
June 11-16.

JUNE 13—Indiana University, Bloomington,
Ind., June 13-July 11.
Washington State College, Pullman,
Wash., June 13-July 12.

JUNE 18—*North High School, Columbus,
Ohio, June 18-23. See adv't page 27.

Michigan Basketball School, Michigan
State College, East Lansing, Mich.,
June 18-23.

University of Illinois, Champaign, Ill.,
June 18-July 28.

JUNE 25—*New England Coaching School,
Boston, Mass., June 25-30. See adv't
page 18.

*Lafayette College, Easton, Pa., June
25-30. See adv't page 27.

Oswego Basketball Coaching School,
Oswego, N. Y., June 25-29.

University of Michigan, Ann Arbor,
Mich., June 25-Aug. 17.

JULY

JULY 2—*Springfield College, Springfield,
Mass., July 2-14. See adv't page 20.

*Pennsylvania State College, State Col-
lege, Pa., July 2-Aug. 2. See adv't this
page.

JULY 16—University of Wisconsin, Madison,
Wis., July 16-Aug. 3.

JULY 18—Duke University, Durham, N. C.,
July 18-21.

JULY 23—Doane College, Estes Park, Colo.,
July 23-Aug. 2.

University of Pittsburgh, Pittsburgh, Pa.,
July and August.

Boston University, Boston, Mass., July
and August.

JULY 30—*Texas Tech, Lubbock, Tex., July
30-Aug. 11. See adv't page 22.

AUGUST

AUGUST 7—Kansas State High School A.A.
Coaching School, Aug. 7-17.

AUGUST 8—Shaker Heights Summer Coach-
ing School, Shaker Heights H. S., Clevel-
and, O., Aug. 8-16.

AUGUST 13—Butler University, Indianapolis,
Ind., Aug. 13-18.

Kipke-Clifford School, Western Reserve
Univ., Cleveland, O., Aug. 13-18.

AUGUST 15—*Ursinus College, College-
ville, Pa., Aug. 15-25. See adv't this
page.

AUGUST 20—*Lieb-Meanwell Coaching
School, St. Francis (Milwaukee) Wis.,
Aug. 20-25. See adv't page 29.

University of North Carolina, Chapel
Hill, N. C., Aug. 20-Sept. 2.

AUGUST 27—*Lou Little Coaching School,
New York, N. Y., Aug. 27-Sept. 1. See
adv't this page.

*Colgate University, Hamilton, N. Y.,
Aug. 27-Sept. 1. See adv't page 29.

*Moorhead Coaching School, Moor-
head, Minn., Aug. 27-Sept. 1. See adv't
page 29.

Letters to the Editor

TO SCHOLASTIC COACH:

In the February 24th issue, *The Saturday Evening Post*, Lawson Robertson wrote an article "Burning Up Boyhood," which in no uncertain terms condemns our present methods of conducting competitive athletics in the grade and high schools. In summary Mr. Robertson declares: "It is the number of these boys who come into college with their heart action and general health affected by too constant competition at an immature age on public and prep school athletic fields, that causes me highly to condemn this practice." He speaks at length about the frequency of "burned-out" boyhood, blaming the coaches.

In an editorial in the April issue, *Scholastic Coach* apparently accepts Mr. Robertson's aspersions and condemnations, and proceeds to add, "We do know that innumerable athletes are today 'burnt out' physically by the demands made on them by their high school athletic program. . . . Every coach can point to numerous such cases . . . they don't have the old zest and spark . . . cannot perform as well as they did in high school. Some of them are permanently out of the vigorous life, with bad hearts, bad lungs or a weakened physical condition from other organic faults . . . he is a physical wreck . . . !"

Mr. Robertson is wrong and so is *Scholastic Coach*. Our 35,000 physical educators are neither morons nor Big Bad Wolves. Almost without exception, each man has prepared himself for the profession by years of intensive study. He constantly supplements his fundamental education with summer courses, post-graduate courses, intensive study of the literature. He takes his responsibilities just as seriously as the surgeon does his.

His aim is to build and not to break. He may not have the reputation of a Lawson Robertson but he does have the same profound desire to do his best for the children entrusted in his care. The hundreds of thousands of our youngsters cavorting on the athletic fields, irrespective as to whether they are for grade, high, prep, or college boys, are being nurtured intelligently, scientifically, conscientiously. The prevalent methods of athletic training are based on sound physiological grounds. They have evolved progressively from crudity to science. I am not afraid to let my boy participate in school athletics. I know that the training and the competition is carefully supervised by ethical men. True enough, every now and then, we hear of exceptions, isolated instances of idiotic, unethical, brutal misuse of promising youngsters. But how few such instances as compared with the vast number of boys taking part in competitive athletics! Shall we condemn all because of the shortcomings of a few thoughtless fools?

"Burned-out boys!" Robertson speaks of "numbers." *Scholastic Coach* says "innumerable." In almost 25 years of intimate contact with athletes, at first as a

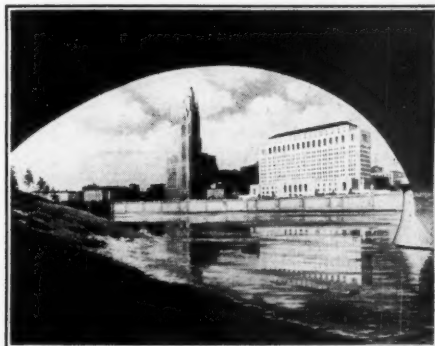
[Concluded on page 30]

Columbus

THE CROSSROAD OF AMERICA

INVITES YOU

to participate in the most remarkable coaching school in the history of sport



JUNE 18-23

KIZER—Purdue Football
BLOTT—Michigan Football
ALLEN—Kansas Basketball
SCHABINGER—Creighton . . . Basketball
SOUTHWORTH—St. Louis Cardinals Baseball
McALLISTER—Boston Red Sox Baseball
KELLER—Ohio State Track

UNUSUAL LOW ROOM AND BOARD RATES

Fine living quarters as low as \$1.00 per day per couple. Single coaches can live in fraternity houses for \$3.00 per week. Meals cost less than \$1.00 per day. We will be glad to make any arrangements that you may desire.

HERE IS ACTUALLY THE

"Crossroad of Success"
Entire Cost \$15.00

For Detailed Information Write

THE COLUMBUS COACHING SCHOOL

North High School Columbus, Ohio

Decide Now—Come to Columbus, June 18-23

FREE ENTERTAINMENT

Blind Bogey Golf Tournament, Indian Springs Golf Course. Guest privileges for coaches. Night baseball game, Red Bird Stadium. Old-fashioned barbecue and campfire and many other features too numerous to mention.

LAFAYETTE COACHING SCHOOL

June 25-30

ONE WEEK

ONE SYSTEM THOROUGHLY



Lou Little

Concentrate on the Lou Little system which raises average material into first-class teams. Here is your chance to spend a week with the outstanding coach of the year. No other football system to be taught during the course. The Little-



Bill Anderson

Columbia system readily adapted to prevailing systems and formations.

BASKETBALL by Bill Anderson, developer of the great Lower Merion, Pa., H. S. teams—1933 State champs. Fee of \$35 covers everything.

WRITE FOR DETAILS TO JOSEPH E. BELL

Lafayette College

Easton, Pa.



Bruce Barnes

Juneman's Tennis Gut

Karl Kozeluh, Bruce Barnes and Hans Nusslein use Juneman's Tested Tennis Gut exclusively. Popular with coaches and players. Demand Juneman's in your next re-stringing job, and increase your winning average. The Juneman label on the throat of your racket is proof of genuine Juneman Gut.

"Tennis Hints," by C. W. Gelwick, Tennis Coach, University of Illinois, will improve your game. Free—write today.

The E.P. Juneman Corporation

1100 West 47th Place

Dept. SC

Chicago, Illinois

Our Field **ROCKY MT. TEACHERS AGENCY** 410 U.S. NAT. BANK BLDG. DENVER, COLO. Entire U.S.

25 SUPERIOR photograph copies made for \$1.50. Copyrighted booklet, "How to apply," etc., etc., free to members, 50c to non-members. Every teacher needs it. Write today for enrollment card and information. **LARGEST TEACHERS' AGENCY IN THE WEST.** Established 1906.



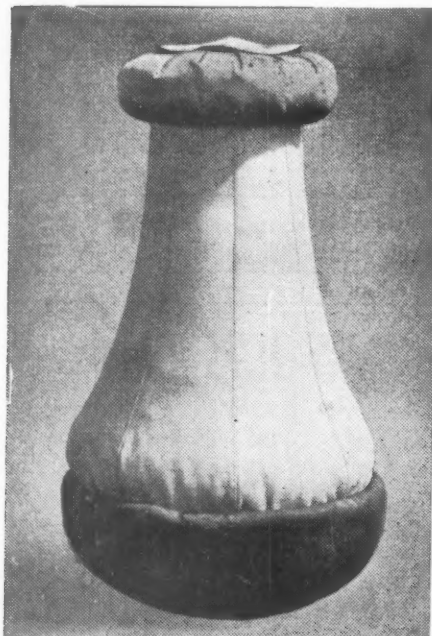
Time Out!

HERE'S THE NEWS ABOUT
THE FOOTBALL LEADER

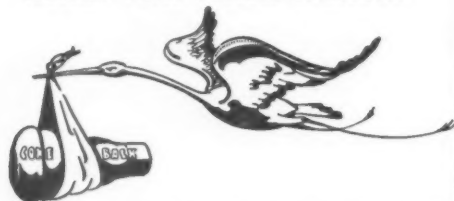
Comeback

SELF ERECTING
RETURN ACTION
COMPLETELY PORTABLE
FLEXIBLE DEFENSE
SAVES TIME AND MEN
LIKE ACTUAL PLAYING
CONDITIONS
USED FOR ALL PHASES OF
OFFENSIVE DRILL
DUMMY SCRIMMAGE

Eliminates overhead suspensions and impractical spring devices. Designed to give life-like resistance as well as position for offense. A necessity for efficient practice.



Shift right with comeback. A novel and practical blocking device makes it a true leader in the football field. Players like to block *comeback* because they don't have to pick it up. A combination hard to beat: resistance and convenience. Score more touchdowns with the help of *comeback*. The football world chooses *comeback*.



A new member of a distinguished family of football blocking devices. A blessed event for coaches.

Manufactured and Sold by
Football's Largest Manufacturer of Blocking Devices

MARTY GILMAN
SPORTING GOODS CO.
GILMAN, CONN.

Basketball Rules Changed In Eight Places for 1934-35

EIGHT changes in the basketball rules for 1934-35 resulted from the annual meeting last month of the National Basketball Committee. These changes are:

1. In high school tournament games the first team to score two points in the overtime period is to be the victor.
2. Officials must actually hand the ball to the out-of-bounds player entitled to it.
3. The circumference of the ball is to be reduced to not less than 29½ inches nor more than 30¼ inches.
4. The dimensions of the ideal playing court are stated as: 50 feet by 84 feet for high school; 42 feet by 74 feet for junior high schools; 50 feet by 90 feet for colleges.
5. On a free-throw successfully made time will not be resumed until the ball is tossed up at center.
6. On a free-throw resulting from a personal foul time will not be started until the ball misses the basket. If it makes the basket the above (5) applies.
7. The numbers on the players' jerseys to be four inches in height on the front and six inches high on the back.
8. A penalty of one technical foul is to be imposed for each minute of delay caused by a team failing to report ready for play at the start of each half.

The Committee stated that the rules will

allow the "sudden death" ending of the game during the overtime period by the team first scoring two points to be used in other than high school tournament games by mutual agreement between the teams before the game.

A coup was struck by the National High School Federation delegates when the Committee voted to discontinue the listing in the Guide of the names of the members of the Chartered Boards of Officials throughout the country. Most state high school athletic associations have their own registered officials, groups having no connection with the Chartered Boards of Officials, and it was the opinion of the Committee that unless the Guide listed all these state high school registered officials as well as the members of the Chartered Boards of Officials, the officials' listing in the Guide was not representative and should be discontinued altogether. Lest the Guide develop into a referees' directory, the Committee decided to list no individual members of any officials' groups, but only to list the national, state and district officers of the Chartered Boards.

Delegates of the National High School Federation to the Committee meeting were: Floyd A. Rowe of Cleveland, H. V. Porter of Chicago, H. A. Swaffield of Fairfield, Conn., and Walter I. Black of Lincoln, Neb.

Basketball Coaches Plead for More Aggressive Defenses

By George R. Edwards

ACCORDING to preliminary press reports the meeting of the National Association of Basketball Coaches in Atlanta, Ga., last month was scheduled to be a stormy affair. Early in the month criticisms and suggestions regarding basketball had occupied many columns in the nation's newspapers with several prominent coaches staging sport-page debates. However, the early March basketball storms traditionally require that the month should go out like a lamb, and the three-day talk-fest of the coaches did not destroy that tradition.

When cornered by an insistent reporter individual coaches find many sections in the rules that need revision, but these same critics usually become quite conservative when assembled in a group. Experts may try to fool outsiders but are pretty cautious with each other. In justice to these men, though, it must be emphasized that when they are once convinced that a certain feature is detrimental to the sport they pull together in unselfish moves to correct the trouble even when a major operation is necessary.

Widely collected reports of the status of the game during 1934 were read at the convention. These indicated that basketball has just closed probably the most satisfactory season in its history. Crowds were larger and more pleased with the games; contests were more attractive; the level of play was higher; and the officiating was more uniform and efficient.

Such satisfaction, however, does not imply perfection. The coaches found many phases of the game open to improvement and many suggestions were offered to iron out these minor defects, but in most instances the opinion was registered that nothing better than the present regulations could be found. Some of these suggestions offered sound ideas in theory but as their practical worth had not been proved they were turned over to those coaches interested in research for further experimentation.

In a few instances there were decided opinions regarding some features in the rules. The vote of the Association on these points was passed on to the National Rules Committee for consideration.

The Coaches Association issued an appeal to officials to exercise greater strictness in calling violations for delay caused by the use of the huddle, and for closer observance of the 30-second period allowed for substitutions.

Unquestionably the most important discussion of the meeting centered around the problems caused by use of compact defenses. The feeling of the convention in this regard is forcibly expressed in a resolution sent to the Rules Committee. Every basketball coach should read it:

"This Association feels that the greatest threat to basketball lies in the use of a compact type of defense which withdraws into a territory within fifteen or twenty feet of the basket and awaits the charge of the team with the ball. The congestion which results when attempts are made to score causes most of the present difficulties.

"We have discussed and tried several plans to force more aggressive defensive play but have no proposed legislation which is satisfactory.

"We recommend that the first step to eradicate this evil should be a section in the rules devoted to the dangers of this type of defense to the welfare of the game. We would like to point out that deeply retreated and compact defenses cause most of the fouls; slow the action; reduce scores; minimize skill; and result in unsatisfactory contests. These features tend to destroy the popularity of basketball among players and spectators, and to make it harder to administer.

"Coaches are requested to teach and demand more aggressive defensive play. They should be warned that unless this is done it will be necessary to work out some legislation which will break up compact defenses."

The Atlanta convention offered a new and interesting addition to the usual program in the form of exhibition contests staged at two night sessions by the varsity teams of the University of Pittsburgh, University of South Carolina, Illinois Wesleyan, and DeKalb, Ill., Teachers College. All four teams appeared at each session, but contests were limited to one-half game. At the close the last two squads to play remained on the floor to test out some of the proposed changes. Such tests, naturally, could not be conclusive, but in a few instances even the authors of the suggestions admitted that the schemes had little value.

No official scores of the exhibition contests were kept as the purpose was to demonstrate several styles of play and to test rules. Probably the outstanding feature exhibited, however, was the importance of execution of basketball fundamentals as skill in this respect indicated that each team depended on its members to execute these fundamentals with fine precision. Offensive play appeared to be built more around individual ability to handle the ball, pass, shoot, dribble, and use the feet in deceptive changes of pace and direction rather than upon plays designed to fool the defense. As would be expected with groups well grounded in fundamentals each squad carried a high-powered scoring punch.

The offensive team play could be divided into three general types, although each

team made effective use of the fast break every time an opportunity was presented.

The Pittsburgh team coached by Dr. H. C. Carlson, was considered the most polished in floor maneuvers and was the most potent in scoring power. Dr. Carlson's "man ahead of the ball" floor play calls for continuous movement of the ball as well as of all five players. The general maneuver of the men consists of interlacing figure eights spread over the entire front court. The numerous criss-cross situations thus developed acted as screens which confused every defensive formation placed against it.

Another type of offense was shown by South Carolina, a tall, experienced squad which is one of the few to boast a victory over Pittsburgh during 1934. South Carolina stressed the fast break. When stopped on such a drive the squad used many long and sideline shots with a high percentage of hits. When such tries failed there were three tall men adept at rebound tip-ins. Rather than definite offensive plays to provide openings for short shots, it appeared that South Carolina depended upon long tries and follow shots.

The offenses used by the two Illinois teams were similar. Each employed a pivot-post who ran into or was stationed near the free-throw line.

Like the offenses, the defenses were of three general types. South Carolina used a deeply retreated formation with zone characteristics. Pittsburgh used four men playing practically a man-to-man type with the center staying in an area near the basket. The Illinois teams employed a shifting man-for-man style.

South Carolina's retreated style effectively bottled-up short and follow shots but failed to hinder those opponents who could sink long ones. An impressive demonstration of how a compact defense kills action was staged when Pitt met South Carolina. With a small lead Pitt elected to pass rather than shoot and for some minutes there were no scoring attempts. The other three teams spread their defensive men, in some cases far into the back court, and constantly harried the ball-holders. Action in such cases was continuous, fast, and furious.

Lieb-Meanwell Coaching School

PIO NONO—MILWAUKEE, WISCONSIN

August 21st to 25th Inclusive

"ALL DAY"

"EVERY DAY"

FOOTBALL

Tom Lieb, Loyola (Los Angeles)

BASKETBALL

Walter Meanwell, Wisconsin

Intensive Courses
In the Coaching Technique
of Both Sports

Tuition \$15 Board and Room \$10

For reservations or further information, write

Coach E. T. Dermody

PIO NONO HIGH SCHOOL
MILWAUKEE (St. Francis) WIS.

COLGATE COACHING SCHOOL

AUGUST 27—SEPTEMBER 1

Football Basketball

Taught by Two Winners

ANDY KERR

Colgate University
Football Coach

Single and Double Wing Back Offense
Fundamental Systems of Defense

DR. H. C. CARLSON

University of Pittsburgh
Basketball Coach

Winning Basketball that is Different

Actual Demonstrations

By College Football and Basketball Players

Fee for entire course - \$15.00

Very moderate living expense

For Information, Write:

WILLIAM A. REID

Colgate University

Hamilton, N. Y.

The 5th Annual Moorhead Coaching School

August 27th to
September 1st Inclusive

*"Go Fresh from Coaching School
back to Your Squads"*

"FRITZ" CRISLER and his entire coaching staff from Princeton will instruct football, basketball, and track. Crisler, Wieman, Martineau, and Dickson will put on a football course that has never been equalled. Dickson and Crisler will teach and demonstrate basketball, using two teams during most of the course. Martineau will teach and instruct in field activities. George S. Olsen, President of the Minnesota Physical Education Association, will lecture on high school athletics. Bob Marquardt will teach swimming and life-saving.

INFORMATION . . . A single \$15.00 fee for any or all courses. Board and room \$5.00 to \$8.00 for the week. Rooms without board \$1.50 and up for the week. Apartments and cottages also available. Free camping space on the campus. Free golf, swimming, and other amusements. Write for additional information to:

ALEX J. NEMZEK

Athletic Director

State Teachers College Moorhead, Minnesota

Letters to the Editor

[Continued from page 27]

physical director, later an athletic trainer, and finally as a physician, I have not seen a single case of a normally healthy youngster being permanently injured by athletic competition, however severe and injudicious the latter. Over exertion may lead to transient exhaustion or spectacular collapse, but it never has caused organic damage of the heart or any other vital organ.

"You cannot overwork a healthy heart," emphatically asserts Sir Arbuthnot Lane, the famed English physician. Ten years ago there was a great deal of loose talk about "athletic heart," but when qualified cardiologists started studying the problem, they quickly found that it was absolutely baseless. Today, every text on athletic training emphatically stresses that the "athletic heart" is a myth.

And so is "burned-out boyhood." I challenge anyone to bring forward a single case of a "burned-out" youngster. There are none. Our children are in splendid hands and the best proof of it is the marvelous change in the general health of our youngsters, youth, and even adults, since the inception of the present athletic craze. The thousands of grade, prep, and high school athletes who compete in the annual Penn relays are far from being potential invalids. The tens of thousands of boys who each fall pour into colleges to

refill the ranks of their athletic squads, are bigger and better than ever. Robertson's sweeping condemnation of the present methods of athletic training is understandable, in face of the vast amount of proof to the contrary.

Let us grant that at the initial physical examination of candidates for college teams, a number of boys are found to have "bad hearts" and "bad lungs" (whatever that may mean). Are we justified in jumping at the conclusion that these boys have been "burnt out" in high school? You know that is ridiculous. What is more likely is that these boys have had "bad hearts" even before they started athletic competition in high school. Someone who should have detected the existing weakness has failed to do so. Now, this isn't mere theory or speculation. I can cite definite cases and names where the carelessness or the superficiality of the examining physician made it possible for a youngster to participate in strenuous competitive athletics. When the boy reached college, the more careful examination quickly disclosed the existing organic weakness. Back in 1916-17 I also called these cases "burned-out."

"How do you explain the fact that so many high school stars fail to make the grade when they reach college?" asks Lawson Robertson. The answer is not at all difficult. It is simply that the standards are more exacting. A boy running the quarter in 54 may be the pride of Ipswich, Maine, but he will have to do close to 50 to make the University of Maine squad. There is a terrific amount of difference between 54 and 50. Gene Venzke is a great

miler, but he could not qualify for a team on which Bonthron and Cunningham were also members. A mob of two hundred basketball aspirants turns out for the freshman tryout. Almost every one of these boys can point to a "rep" back in high school. None of these boys are "burned-out"—at any rate I have never seen any. Yet, how many, or how few will manage to qualify for the freshman varsity? Ten? Out of these ten, how many will ultimately prove to be of varsity calibre? If you get three out of the mob of 200 you'll thank your lucky stars. What's the answer? The measuring rod is different!

Mr. Robertson further states that he would not permit any young man under 19 to participate in football. It is not the age of the candidate that determines his fitness for strenuous competition but rather the degree of his physiological maturity. The latter differs greatly. Some boys are fully mature at sixteen; others may not be physically mature until they are past twenty. A physiologically mature youth is qualified (everything else being equal) for any form of athletic activity, however strenuous; one, physiologically immature, even though past the arbitrary age of 19, may not be fit for anything but tiddly-winks. The evaluation of the state of physiological maturity calls for experience, judgment and a thorough physical examination of the aspirants.

I have attacked Lawson Robertson's assertions rather severely because I feel that let alone they will do a great deal of harm. Certainly the layman has no way of judging the statements submitted by Mr. Robertson and is apt to carry away the impression that his children are being mishandled by a mob of ignoramuses. It appears to me that the physical education profession should take prompt and vigorous measures to counteract the unfavorable impression that may be left by the article.

New York,
April 11, 1934

S. E. BILK, M.D.

TO SCHOLASTIC COACH:

I read with a great deal of interest your comments on Lawson Robertson's article, "Burning Up Boyhood." After 25 years of observation, I am positive that boys are "burned out" and "fed up" with athletics in many instances, not because of over-competition, but rather from over-practise. The coach who drives his men hard day after day in practise and urges them to reach a climax of effort on the occasion of the game or meet is, in my opinion, not acting in the best interest of his boys' health. There must be a limit somewhere to what we can take out of these boys, and I, and I am sure thousands of other coaches, prefer to play safe by careful regulation of their practise. Since a boy will nearly always give his best or "all" in a game, it does not seem reasonable that we should ask him to put forward all his physical energy in the practise sessions leading up to the game, when it is well known that the boy, as a rule, does not feel like giving so much in practise with the prospect of real competition in the very near future.

Saginaw High School
Saginaw, Mich.

HOWARD E. BEATTY

April 9, 1934

NOW

\$3.00
A PAIR

In Team Lots of 12

AN IDEAL FOOTBALL SHOE

| | |
|---|---------------|
| With Permanent Cleats mounted, per pair | \$3.25 |
| With Permanent Cleats mounted in team lots of 12, per pair... | 3.00 |
| With Detachable Cleats mounted, per pair | 3.75 |
| With Detachable Cleats mounted in team lots of 12, per pair... | 3.50 |

D-U-R-A-B-L-E

**WATER-PROOF
FEATHER-WEIGHT
STERNAMAN CLEATS**

Sternaman's Speed Shoes meet all demands of the game. Fully cleated an average shoe weighs only **15 ounces!**
The shoe is high cut with box toe; uppers of water-proof canvas drill, full flexible soles, reinforced against warping. We will equip with your choice of cleats.

Sternaman's Speed Shoes--proved and approved

Many coaches throughout the country have requested us to put our regular cleats on our light weight water-proof canvas mud shoe. We have done this and we have been greatly praised for the improvement in players' footwork.

SAVE RE-CLEAT OLD or NEW SHOES
WITH "DUTCH" STERNAMAN'S
PERMANENT or DETACHABLE FOOTBALL CLEATS

Edward "Dutch" Sternaman

2656 Diversey Ave.

Chicago, Illinois



"It's a cinch to clinch"

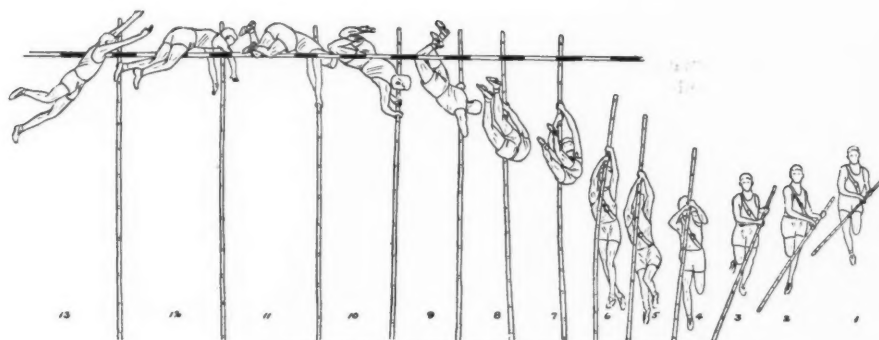


Illustration No. 5. Vln Miller, Stanford Univ., winning at the Olympic Games—1912

Room Above

[Continued from page 10]

the vaulter is travelling closer and closer to that cross-bar, it seems logical that he get those feet and that body up, doesn't it?

This pull-down really pulls the body up against the pole. The harder the pull, the better will be the turning of the body for the push-up.

Note in Illustration No. 3, for instance, how the vaulter is using that swing-up (Fig. 2), and then how he has his knees well up in Fig. 4—with the arms now bent, elbows at side, body up tight. This shows just how hard he has pulled. His knees did not come up quite high enough, it seems, for a new world's record, but when he straightens the legs (Fig. 5) note that he has his feet considerably higher than the bar.

Note in Illustration No. 2 how Bill Graber has done an excellent job of "knees-up" (Fig. 3), and just as good a job of the "feet-up" (Fig. 4). I feel that this is one big reason why Graber got up so high on his good vaults.

The push-up

The feet are pointed up and the body has been pulled up to the pole and is passing it. Now comes the push-up. When well done it pushes the body up so fully that the arms are straight from the shoulder to the pole. Bill Miller shows this to advantage in Illustration No. 5 (Fig. 11). After his long, sweeping, turning swing, he has a most glorious push-up off that pole.

Now, the feet are up, the legs are up, and the body is up—at full arms-length. We are ready for the next phase of the vault.

The push-away

The momentum of the run has now carried the vaulter close to the cross-bar as he travels through space. He finds that his feet, legs, and hips are up higher than the bar, but his chest and arms are in the way. To get them up out of the way he pushes hard, and, if he uses the Hoff finish instead of the fly-away, he takes his bottom hand off first, lifts it up and sideways to the left, pushes the pole away with the tips of the fingers of the right hand, then lifts it upward and whirls toward his left, the bar sometimes being crossed more by the right side of the body

than by the flat chest, so great has the left-turn been. With this turn, the vaulter descends with his back to the cross-bar. Warne is shown doing this very nicely in Illustration No. 4 (Figs. 13, 14).

Some vaulters, notably the Yale men, do not use this turn finish with the bottom hand off first, then the upper hand, in what is called the one-two method. They use more of the simultaneous release of the hands, called the fly-away.

Which form is best? Never has it been my good fortune to start in with a vaulter who has done over ten-six before he came to me. The very best vaulters I have had have come up from the "scrub" class. The two best ones on hand at this time never attempted to vault in high school. So, I cannot answer this question as I would like to, for I have done nothing really worthwhile (which is a very good reason for my writing to tell others how to do the thing). But, it is my opinion that the slow-running vaulter accomplishes more with the turn finish. The very fast-running vaulter literally flies over the cross-bar and needs less so-called form in the push-away than his slow-footed brother. I would train slow runners and heavy men this turn method. Withal, I feel that it is easier to get rid of that cross-bar by lifting the left arm over sidewise, turning the body left and then lifting the right arm over sidewise, than it is to push the pole away with both hands, then lift the arms into the air together and sail over face-down. But remember—the pole should be in very close to the cross-bar when it is released. This is seldom done except by good vaulters. The poor vaulters turn loose too quickly—and remain poor vaulters.

Training

Chinning, walking on the hands, rope-climbing, climbing and vaulting on the stationary pole, dipping—all are good developers of the arms, shoulders, the grip, the back, the abdominal muscles. Sprinting is the only thing that will develop speed. Broad-jumping and high-jumping will develop spring and agility. Practicing such stunts as handsprings, headsprings, etc., will develop agility. Put all these together on the end of a pole and you have the toughest event on the program! Also the most spectacular.

High School Coach Big Leaguer

Eddie Halprin, coach at Rockhurst High School, Kansas City, has been signed as one of the American League baseball umpires for the 1934 season. Halprin is also a ranking football and basketball official.

BUDGET

ACE BANDAGES

ELASTIC
WITHOUT
RUBBER



Now is the time . . .

—to place Ace Bandages on your budget list of necessities.

—successful coaches, with few exceptions, insist on an adequate supply of Ace Bandages.

—charley horses don't score touchdowns, cracked ankles never kick field goals, and sprained wrists aren't so hot at passing.

—minimize injuries and you get maximum results from your material. Ace Bandages keep your injuries down.

Sold Through Dealers

SC 5

Send me free copy of the
ACE ATHLETIC MANUAL
together with latest price list.

Name _____

Address _____

Institution _____

Dealer _____

BECTON, DICKINSON & CO., Rutherford, N. J.

Letters to the Editor

[Continued from page 27]

physical director, later an athletic trainer, and finally, as a physician, I have not seen a single case of a normally healthy youngster being permanently injured by athletic competition, however severe and injudicious the latter. Over exertion may lead to transient exhaustion or spectacular collapse, but it never has caused organic damage of the heart or any other vital organ.

"You cannot overwork a healthy heart," emphatically asserts Sir Arbuthnot Lane, the famed English physician. Ten years ago there was a great deal of loose talk about "athletic heart," but when qualified cardiologists started studying the problem, they quickly found that it was absolutely baseless. Today, every text on athletic training emphatically stresses that the "athletic heart" is a myth.

And so is "burned-out boyhood." I challenge anyone to bring forward a single case of a "burned-out" youngster. There are none. Our children are in splendid hands and the best proof of it is the marvelous change in the general health of our youngsters, youth, and even adults, since the inception of the present athletic craze. The thousands of grade, prep, and high school athletes who compete in the annual Penn relays are far from being potential invalids. The tens of thousands of boys who each fall pour into colleges to

refill the ranks of their athletic squads, are bigger and better than ever. Robertson's sweeping condemnation of the present methods of athletic training is understandable, in face of the vast amount of proof to the contrary.

Let us grant that at the initial physical examination of candidates for college teams, a number of boys are found to have "bad hearts" and "bad lungs" (whatever that may mean). Are we justified in jumping at the conclusion that these boys have been "burnt out" in high school? You know that is ridiculous. What is more likely is that these boys have had "bad hearts" even before they started athletic competition in high school. Someone who should have detected the existing weakness has failed to do so. Now, this isn't mere theory or speculation. I can cite definite cases and names where the carelessness or the superficiality of the examining physician made it possible for a youngster to participate in strenuous competitive athletics. When the boy reached college, the more careful examination quickly disclosed the existing organic weakness. Back in 1916-17 I also called these cases "burned-out."

"How do you explain the fact that so many high school stars fail to make the grade when they reach college?" asks Lawson Robertson. The answer is not at all difficult. It is simply that the standards are more exacting. A boy running the quarter in 54 may be the pride of Ipswich, Maine, but he will have to do close to 50 to make the University of Maine squad. There is a terrific amount of difference between 54 and 50. Gene Venzke is a great

miler, but he could not qualify for a team on which Bonthron and Cunningham were also members. A mob of two hundred basketball aspirants turns out for the freshman tryout. Almost every one of these boys can point to a "rep" back in high school. None of these boys are "burned-out"—at any rate I have never seen any. Yet, how many, or how few will manage to qualify for the freshman varsity? Ten? Out of these ten, how many will ultimately prove to be of varsity calibre? If you get three out of the mob of 200 you'll thank your lucky stars. What's the answer? The measuring rod is different!

Mr. Robertson further states that he would not permit any young man under 19 to participate in football. It is not the age of the candidate that determines his fitness for strenuous competition but rather the degree of his physiological maturity. The latter differs greatly. Some boys are fully mature at sixteen; others may not be physically mature until they are past twenty. A physiologically mature youth is qualified (everything else being equal) for any form of athletic activity, however strenuous; one, physiologically immature, even though past the arbitrary age of 19, may not be fit for anything but tiddly-winks. The evaluation of the state of physiological maturity calls for experience, judgment and a thorough physical examination of the aspirants.

I have attacked Lawson Robertson's assertions rather severely because I feel that let alone they will do a great deal of harm. Certainly the layman has no way of judging the statements submitted by Mr. Robertson and is apt to carry away the impression that his children are being mis-handled by a mob of ignoramuses. It appears to me that the physical education profession should take prompt and vigorous measures to counteract the unfavorable impression that may be left by the article.

New York, S. E. BILIK, M.D.
April 11, 1934

TO SCHOLASTIC COACH:

I read with a great deal of interest your comments on Lawson Robertson's article, "Burning Up Boyhood." After 25 years of observation, I am positive that boys are "burned out" and "fed up" with athletics in many instances, not because of over-competition, but rather from over-practise. The coach who drives his men hard day after day in practise and urges them to reach a climax of effort on the occasion of the game or meet is, in my opinion, not acting in the best interest of his boys' health. There must be a limit somewhere to what we can take out of these boys, and I, and I am sure thousands of other coaches, prefer to play safe by careful regulation of their practise. Since a boy will nearly always give his best or "all" in a game, it does not seem reasonable that we should ask him to put forward all his physical energy in the practise sessions leading up to the game, when it is well known that the boy, as a rule, does not feel like giving so much in practise with the prospect of real competition in the very near future.

Saginaw High School HOWARD E. BEATTY
Saginaw, Mich.
April 9, 1934

NOW



\$3.00
A PAIR

In Team Lots of 12

AN IDEAL FOOTBALL SHOE

| | |
|--|--------|
| With Permanent Cleats mounted, per pair | \$3.25 |
| With Permanent Cleats mounted in team lots of 12, per pair... | 3.00 |
| With Detachable Cleats mounted, per pair | 3.75 |
| With Detachable Cleats mounted in team lots of 12, per pair... | 3.50 |

D-U-R-A-B-L-E
WATER-PROOF
FEATHER-WEIGHT
STERNAMAN CLEATS

Sternaman's Speed Shoes meet all demands of the game. Fully cleated an average shoe weighs only 15 ounces! The shoe is high cut with box toe; uppers of water-proof canvas drill, full flexible soles, reinforced against warping. We will equip with your choice of cleats.

Sternaman's Speed Shoes--proved and approved

Many coaches throughout the country have requested us to put our regular cleats on our light weight water-proof canvas mud shoe. We have done this and we have been greatly praised for the improvement in players' footwork.

SAVE RE-CLEAT OLD or NEW SHOES
WITH "DUTCH" STERNAMAN'S
PERMANENT or DETACHABLE FOOTBALL CLEATS

Edward "Dutch" Sternaman

2656 Diversey Ave.

Chicago, Illinois



It's a cinch to clinch

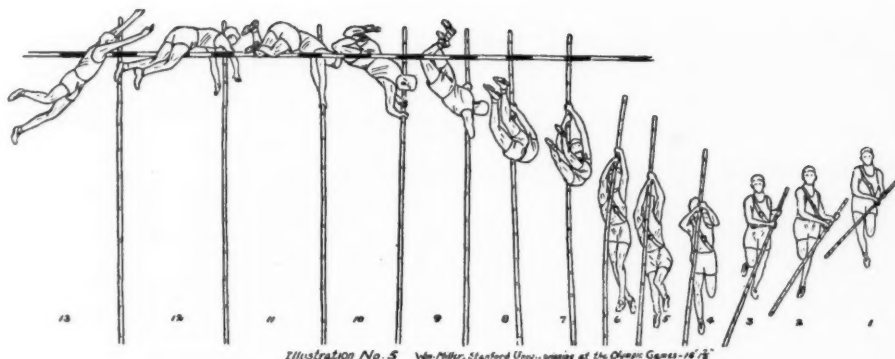


Illustration No. 5 Vln. Miller, Stanford Univ., winning at the Olympic Games—1928

Room Above

[Continued from page 10]

the vaulter is travelling closer and closer to that cross-bar, it seems logical that he get those feet and that body up, doesn't it?

This pull-down really pulls the body up against the pole. The harder the pull, the better will be the turning of the body for the push-up.

Note in Illustration No. 3, for instance, how the vaulter is using that swing-up (Fig. 2), and then how he has his knees well up in Fig. 4—with the arms now bent, elbows at side, body up tight. This shows just how hard he has pulled. His knees did not come up quite high enough, it seems, for a new world's record, but when he straightens the legs (Fig. 5) note that he has his feet considerably higher than the bar.

Note in Illustration No. 2 how Bill Graber has done an excellent job of "knees-up" (Fig. 3), and just as good a job of the "feet-up" (Fig. 4). I feel that this is one big reason why Graber got up so high on his good vaults.

The push-up

The feet are pointed up and the body has been pulled up to the pole and is passing it. Now comes the push-up. When well done it pushes the body up so fully that the arms are straight from the shoulder to the pole. Bill Miller shows this to advantage in Illustration No. 5 (Fig. 11). After his long, sweeping, turning swing, he has a most glorious push-up off that pole.

Now, the feet are up, the legs are up, and the body is up—at full arms-length. We are ready for the next phase of the vault.

The push-away

The momentum of the run has now carried the vaulter close to the cross-bar as he travels through space. He finds that his feet, legs, and hips are up higher than the bar, but his chest and arms are in the way. To get them up out of the way he pushes hard, and, if he uses the Hoff finish instead of the fly-away, he takes his bottom hand off first, lifts it up and sideways to the left, pushes the pole away with the tips of the fingers of the right hand, then lifts it upward and whirls toward his left, the bar sometimes being crossed more by the right side of the body

than by the flat chest, so great has the left-turn been. With this turn, the vaulter descends with his back to the cross-bar. Warne is shown doing this very nicely in Illustration No. 4 (Figs. 13, 14).

Some vaulters, notably the Yale men, do not use this turn finish with the bottom hand off first, then the upper hand, in what is called the one-two method. They use more of the simultaneous release of the hands, called the fly-away.

Which form is best? Never has it been my good fortune to start in with a vaulter who has done over ten-six before he came to me. The very best vaulters I have had have come up from the "scrub" class. The two best ones on hand at this time never attempted to vault in high school. So, I cannot answer this question as I would like to, for I have done nothing really worthwhile (which is a very good reason for my writing to tell others how to do the thing). But, it is my opinion that the slow-running vaulter accomplishes more with the turn finish. The very fast-running vaulter literally flies over the cross-bar and needs less so-called form in the push-away than his slow-footed brother. I would train slow runners and heavy men this turn method. Withal, I feel that it is easier to get rid of that cross-bar by lifting the left arm over sidewise, turning the body left and then lifting the right arm over sidewise, than it is to push the pole away with both hands, then lift the arms into the air together and sail over face-down. But remember—the pole should be in very close to the cross-bar when it is released. This is seldom done except by good vaulters. The poor vaulters turn loose too quickly—and remain poor vaulters.

Training

Chinning, walking on the hands, rope-climbing, climbing and vaulting on the stationary pole, dipping—all are good developers of the arms, shoulders, the grip, the back, the abdominal muscles. Sprinting is the only thing that will develop speed. Broad-jumping and high-jumping will develop spring and agility. Practicing such stunts as handsprings, headsprings, etc., will develop agility. Put all these together on the end of a pole and you have the toughest event on the program! Also the most spectacular.

High School Coach Big Leaguer

Eddie Halprin, coach at Rockhurst High School, Kansas City, has been signed as one of the American League baseball umpires for the 1934 season. Halprin is also a ranking football and basketball official.

BUDGET

ACE BANDAGES

ELASTIC
WITHOUT
RUBBER



Now is the time . . .

—to place Ace Bandages on your budget list of necessities.

—successful coaches, with few exceptions, insist on an adequate supply of Ace Bandages.

—charley horses don't score touchdowns, cracked ankles never kick field goals, and sprained wrists aren't so hot at passing.

—minimize injuries and you get maximum results from your material. Ace Bandages keep your injuries down.

Sold Through Dealers

SC 5

Send me free copy of the
ACE ATHLETIC MANUAL
together with latest price list.

Name _____

Address _____

Institution _____

Dealer _____

BECTON, DICKINSON & CO., Rutherford, N. J.

THE NATIONAL HIGH SCHOOL FRONT

From the office of the National Federation
of State High School Athletic Associations

National meets

HERE is no doubt that in some quarters the decision of our National Council not to sanction or endorse any so-called national meets for high school boys as reported in the last issue of the Scholastic Coach will occasion some criticism. This criticism will be well-nigh universal among certain classes of bread-winners, such as sports reporters interested in school sports only for the spectacle it affords, and the type of coach to whom national and interstate meets serve merely as outings and recreational trips. And, of course, the star performers among the high school boys will be disappointed at being deprived of the cultural opportunities afforded by such meets. In addition, there will be a considerable number of sports followers and local boosters who will be unable to appreciate the reasons for the attitude which the National Council of the National Federation took in voting against this type of athletic meet.

In view of these objections it may not be amiss to point out some, at least, of the arguments which are usually advanced by high school principals in opposition to the type of meet in question.

In the first place, high school principals out of their rather wide and comprehensive experience in dealing with problems incident to national and interstate meets which involve extensive travel, very largely discount the educational values claimed for such meets. This does not mean that these principals see no cultural value in travel designed to give opportunities for observation of civic and social conditions, natural scenery, industrial development, etc. Everybody acknowledges the educational value of such opportunities. In general, however, high school principals do not admit that the first chance at such advantages should be afforded to athletes. They do not admit that athletes are the type of boys in the high school who, in general, would profit most from such opportunities. They do not admit that the school or the community is justified in assuming the rather large and unjustifiable expense of sending boys with their coaches to these distant athletic meets for the mere cultural advantages which it is assumed might accrue to the travelers. Briefly, the "cultural ideal" as a justification for these meets appeals to high school principals very little. And as far as the boys themselves and certain of their coaches are concerned, it is probably far more of a talking point than it is an attainable objective.

Then, in the second place, it is difficult to justify the rather exorbitant expense involved in sending athletes to these meets. The best available statistics indicate that

the entire per capita expenditure on boys and girls in the public schools of Illinois ranges somewhere around \$90 per year. This includes everything that in any way contributes to the expense of education. School men cannot quite justify the expenditure of approximately that same amount in paying the travel, hotel and living expenses of an athlete to attend one of these meets. To be sure, we have enthusiastic sports fans who would maintain that the value of the meet justifies the expenditures. However, there are very few real students of education who would for

more effective way than by the method suggested.

Welfare of the individual

THE foregoing arguments apply to the general pedagogical and administrative problems of the high school. Let us consider also some of the problems as applied to the individual welfare of the students.

In the first place, these interstate and national meets are in general not needed in order to afford adequate competition for high school boys. It is the belief of this writer that high school athletes, particularly those in the star class, are now inexcusably over-exploited by their local communities. Any team or boy who has achieved such celebrity in the athletic world as to warrant his attendance at one of these big meets has in a vast majority of cases already had far more competition than is good for him. We believe every athletic coach and high school principal could read with great profit an article written by Lawson Robertson of the University of Pennsylvania and published in the *Saturday Evening Post* of February 24, 1934. In this article Mr. Robertson deplores this inconsiderate and harmful exploitation of boys in excessive athletic competition. We cannot agree with all of Mr. Robertson's theses as found in this article but we can heartily agree with the statement that the present program of athletics for star players among high school boys is grossly and inexcusably exaggerated. It is the honest conviction of a great majority of high school principals that boys instead of being benefited by such excessive competition are probably positively injured. Opportunities for this excessive competition should certainly be eliminated or greatly limited.

More Streamlining in 1934 Football



The 1934 football, on the left, shown in contrast to the old ball, on the right. The new ball is nearly an inch smaller in circumference, short axis. Both the N.C.A.A. rules and the National Federation rules will legalize this new ball.

one moment compare the value of this three or four days' trip with an entire year of ordinary school work.

But, we are told, in a great many instances friends, parents, business men, commercial clubs, service clubs and other types of organizations contribute the funds so that it is no drain at all upon the educational or athletic treasuries of the schools. And insofar as these practices prevail they constitute one of the chief objections of high school principals to the whole proposition. School men of experience fully appreciate the demoralizing influence of having any outside individual or group step into the organization and attempt to dominate its policy through the contribution of money designed only to achieve their own ends. Boys and coaches immediately feel their responsibility and obligation to these outside influences rather than to the schools. If any organization or influence in the community were to start out with the deliberate idea of disrupting the unity of the school program they probably could not do it in any

Exploiting them mentally

Then again, we cannot afford to overlook the mental and social effect all of this competition has upon high school boys. High school principals cannot forget that these boys who are being exploited in this way are mentally immature as well as physically immature. It is a grave question if these successful athletes should have crowded into their high school careers all of the adulation, publicity and hero worship that seem to be the fate of successful athletes everywhere. College coaches are everlastingly complaining about the blasé attitude of star high school athletes. This attitude is due in large measure to the fact that the boys have nothing further to look forward to in the way of homage. They have been hailed and applauded as heroes in their own communities and have experienced every thrill which

the world has to offer to the laurel-crowned hero.

And to make the situation still more deplorable we invariably find at these big national and interstate meets a considerable number of college coaches who assemble in large measure for the purpose of "looking the field over." High school boys who participate in these meets and who show real promise of continuing their success become objects of special consideration by these college coaches. The amount of concern manifested by some college coaches for the future educational advantages of star athletes stamps them as altruistic in the highest degree. But to tell the truth, the general outcome of this type of solicitation results in starting these boys upon a program of "shopping around" to find out what colleges offer the best opportunities. We have heard high school boys severely criticized because of their very evident desire to obtain special economic concessions for their athletic skill. But, as a matter of fact, the colleges themselves in a large majority of cases are responsible for this unfortunate attitude just because they themselves have initiated the practice of offering special concessions to star athletes. The big meets simply offer an additional opportunity for this type of diverting high school athletics from any educational objective.

High school men in general believe that this often results in a false inflation of the athlete's ego, and warps his attitude toward values and life. We believe very firmly that there is a wide field of desirable experiences for high school boys in athletics. But when this field is so extended as to leave the 18-year-old boy with a feeling that the world holds very little further for him in the way of achievements it is most unfortunate. Many high school men believe that this exploitation of the boys mentally is fully as bad or possibly worse than their exploitation physically.

C. W. WHITTEN,
Secretary, N.F.S.H.S.A.A.

Vaulting Standards

[Continued from page 17]

readily seen from the drawing. The turn of the handle, attached to each upright, causes the upright to move along the ratcheted rack. The rack and scale allow a movement of 18 inches either plus or minus. The zero mark is at the center of the base on a line with the front edge of the pole planting box.

The competitors soon learn from experience the point on the scale to which they want to move the uprights, thus making it unnecessary for them to run their poles up into the air from the planting box in order to determine the distance of the cross-bar from the point directly above the forward end of the planting box.



Make Your Own S-L-O-W Motion MOVIES !

Ultra Speed of 72 frames per second, for making S-L-O-W Motion Movies, is a standard feature of both the Popular-Priced Model 3 and All-Feature Model 5 Victor 16 MM. Cameras.

Victor Cameras are superb instruments . . . light, compact, and easy-to-use . . . that permit the making of Professional-Quality Movies at the touch of a button. VICTORS are sensibly priced at from \$72.50 up . . . yet have no equals in their respective price ranges. Inquiries addressed to Davenport will bring complete information and illustrated literature . . . WITHOUT OBLIGATION. Write today!

VICTOR ANIMATOGRAPH CORP.
Dept. of School Sales, DAVENPORT, IOWA
Branches: 188 W. Randolph St., Chicago—242
W. 55th St., New York City—650 So. Grand,
Los Angeles.



VICTOR, who originated the World's First 16 MM. Movie Equipments, builds a complete line of highly-perfected 16 MM. instruments . . . including 16 MM. CAMERAS, SILENT PROJECTORS and SOUND-ON-FILM PROJECTORS. Literature on request.

WORLD'S FINEST 16mm MOTION PICTURE EQUIPMENT

A Better Position

You can get it

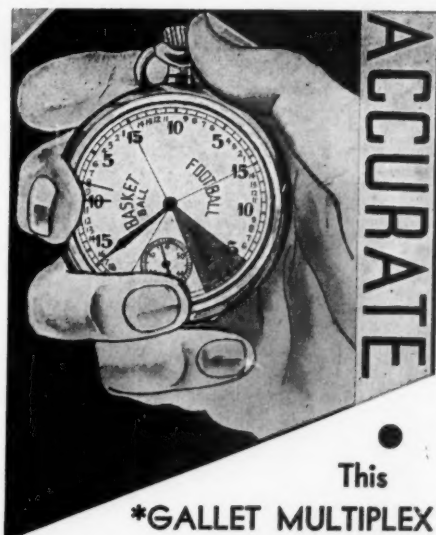
Hundreds of teachers, students and college graduates will earn two hundred dollars or more this summer. SO CAN YOU. Hundreds of others will secure a better position and a larger salary for next year. YOU CAN BE ONE OF THEM. Complete information and helpful suggestions will be mailed on receipt of a three cent stamp. (Teachers address Dept. T. All others address Dept. S.)

Continental Teachers Agency, Inc.

1850 Downing St., Denver, Colo.

COVERS THE ENTIRE UNITED STATES

SCHOOL OFFICIALS! You may wire us your vacancies at our expense, if speed is urgent. You will receive complete, free confidential reports by air mail within 36 hours.



This *GALLET MULTIPLEX will give you LASTINGLY DEPENDABLE SERVICE...

When accuracy is important—don't buy anything short of the best . . . A Gallet Multiplex guarantees satisfactory service that lasts! It is sound economy to buy a Timer that serves longest . . .

***FOR FOOTBALL
BASKETBALL
HOCKEY**

**OTHERS FOR
ALL SPORTS
USES**

**JULES RACINE
& COMPANY**
20 West 47th St., N.Y.C.
Send me Sport Timer Catalog S.C.

Name.....
Address.....

National Basketball Review

[Continued from page 14]

The beginning of the game gave every indication that the prophets had been right. Chisholm scored seven points before Mechanic Arts made its first points, but then, fighting every inch of the way, the score was evened up. Again Chisholm put on some power, only to see its lead wiped away by a stubborn opposition. And that was the story of the entire game. Chisholm would spurt to score a few points, and then Mechanic Arts would fight its way back, the game finally ending 29-27 in favor of Chisholm, as Mechanic Arts desperately attempted to tie the score.

Coach L. A. Torwick of Mechanic Arts has in three seasons at that school coached a city champion in both baseball and football, in addition to this city and regional basketball champion. Coach H. J. Roels of Chisholm has brought teams through both district and regional championships and then to the state tournament for four previous successive years, only to lose out three times in either the final or semi-final round. This was the fifth appearance of one of his teams, and it was knocking on the state championship door for the fifth time, and the fact that a Roels-coached team did finally win the championship met with popular acclaim.

Torwick had built his offense and de-

fense around a tall 6 ft. 3½ in. center, the remainder of the team being short in stature and light in weight. The offensive continually used this center in the man-in-the-hole position, playing a forward in either corner, and the team depended upon this center to get the ball off both backboards, which he usually did. The team limited its offensive drive to only a small portion of the game and did not work for a high score, specializing on a tight defense. The team's good defensive record is but an indication of how well the defense did its work, as has already been mentioned earlier in this write-up. A man-for-man defense was played most of the year, the zone defense being used very little.

The team used no set plays, due to the fact that all of its members were good ball handlers. The pattern from which the Mechanic Arts offense worked is shown in Diagram 13.

Sometimes a direct pass was fed to the tall center (1), using a drop or lob-pass. At other times the first pass would go to a forward (2), who, in turn, would feed to the center who would attempt a shot. Or the center would pivot and feed to either guard going in to the basket. During the regional play of the week before the other forward (3) had been used on the receiving end of a pass from the guards, but during the state tournament this part of the offense was not used.

The Chisholm offense varied with the type of defense used by the opposing team. Against a zone defense the forwards played deep in the corners. The guards passed to one of these men, who, in turn, passed to the other forward coming in

from his corner. The latter would either shoot with the man in the hole following for rebound, or he would pass directly into the hole.

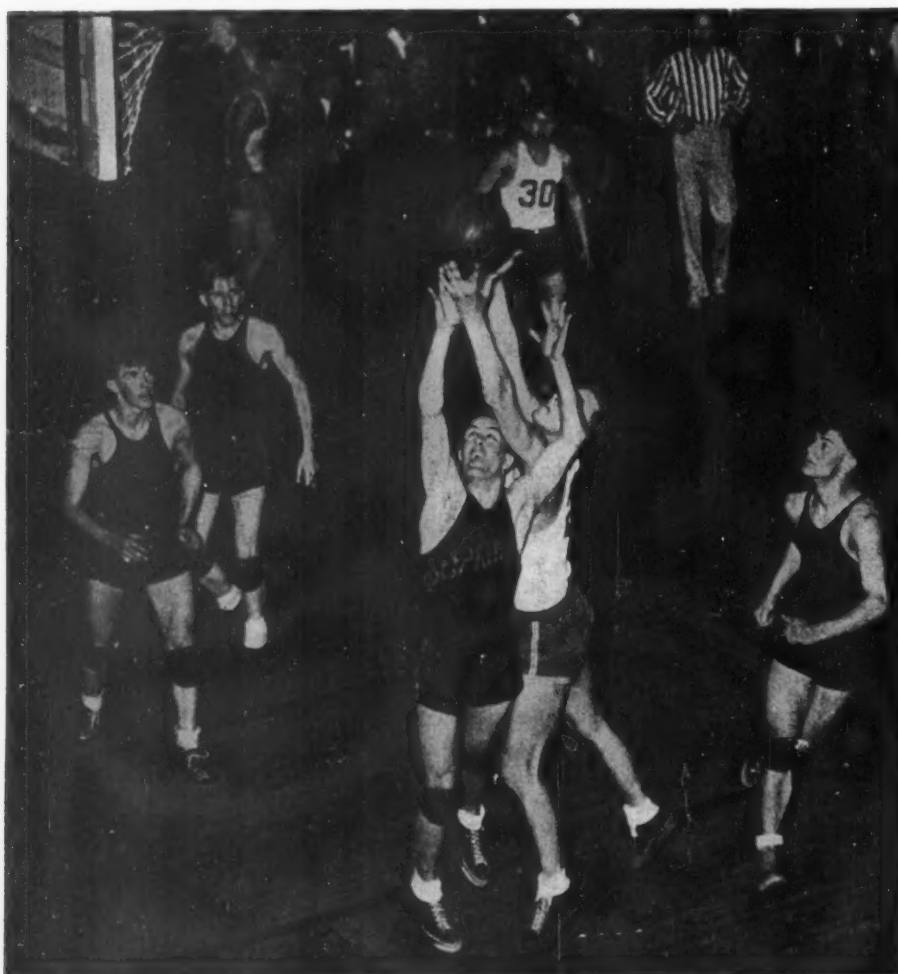
Against a man-for-man defense, the forwards did not play so far in the corners, as in the case of the zone defense. The play from the guards was either to the hole position or to either forward. One of the typical plays in this situation is shown in Diagram 14. 5 passes to hole (1). 2 cuts as indicated. 1 feints to 2, pivots and dribbles in for shot. 1 could also pass to 3, who, in turn, passes to 2. This play worked well because of the size of the Chisholm players, which gave them a distinct advantage under the basket.

The height and ranginess of the Chisholm team was utilized in the center play shown in Diagram 15, which was used repeatedly during the entire tournament and with which the team seemed to score at will. Center 1 tips the ball far out toward the side-line. Guard 4 took the ball high, dribbled and passed to Forward 2, who, in turn, passed to other forward (3) who had feinted a run toward center, and then quickly stopped and cut in for a shot.

On defense, the Chisholm team used a switching type of man-for-man defense. Ordinarily the guards and center took the first three men through, but on all plays where the opponents forward pulled out and a guard sent in, a switch was necessary. This was especially true on all block and screen plays, and on most plays in the hole.

EDWIN J. DAHL

ACTION IN THE ST. PHILIP-CORPUS CHRISTI GAME IN THE NATIONAL CATHOLIC TOURNAMENT



Texas

THE fourteenth annual Interscholastic League state championship basketball tournament was held in Gregory Gymnasium at the University of Texas, Austin, March 9 and 10. The eight regional champions that participated in the final games were the survivors of more than 1,300 competing teams. To get to the tournament each team had won its county, district and regional championship.

Athens High School, winner of the national basketball tournaments held in Chicago in 1929 and 1930, repeated as champion for the second consecutive year.

The man-for-man style of defense was used by six of the eight teams, while the remaining two used a zone defense. The man-for-man style was of the assigned variety. The players retreated to the back-court and took their assigned men as they came through. Athens, Brownwood, Denton, Harlingen, Jeff Davis (Houston), Thos. Jefferson (San Antonio) used the man-for-man defense, while Lamesa and Austin (El Paso) used the zone. The teams using the zone followed the ball closely. They made it hard on the teams trying to use a screening type of offense. Denton's offense worked best against the zone type of defense as they kept the ball in motion continually.

The two teams that used the zone defense adopted the fast-break style of offense, trying continually to get two against one or three against two men for a break into the basket. Both were successful in getting many baskets, because the fast break from defense to offense caught the opposition team napping or slow getting back on defense.

All the teams used an offensive set-up with three men through the defense and two men bringing the ball down the court, with the exception of Denton, and they used two men in the corners and had three men bring the ball down.

All the teams, with the exception of Athens, the winner, relied on the indi-

Good equipment gives a world of confidence to your team

First-class equipment helps your team two ways—physically and mentally. Physically, it means more speed, better protection from injuries. Mentally, it helps build morale, give a feeling of

confidence. Wanamaker equipment is scientifically designed, correct in every detail—and not as high in price as you might expect for such authentic quality. For example:



The **70-BS**—a protection-plus helmet, moulded to fit the head. Suspended web crown, specially shaped ear mould and leather lined throughout. \$8.50.



The **12-KS** gives maximum protection, yet compares favorably with the lightest of pads. Quilted kapok with 9-oz. army duck facing, moulded fibre shoulder caps padded with quilted kapok. \$5.00 each.



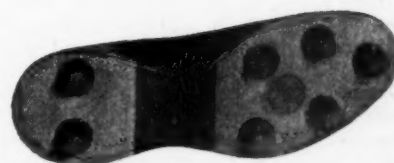
The **F-12** Wanamaker-O'Shea jersey—a garment made to give exceptionally long wear with perfect freedom of movement. Low cut neck, full length sleeves, double elbows of same material. \$3.75 each.



The **2-A** contains many features you'd expect to find only in higher priced pants. Specially designed for light weight kapok padding around waist, hips and over spine, reinforced with fibre; snug-fitting tapered legs with kapok padded knees. \$6.75 a pair.



JW-4 Intercollegiate football, made of fine quality pebble-grain cowhide, double-lined, double-laced, regulation in size, shape and weight. \$7.50 each. JW-5 football, official in every detail of construction and material, double-lined, double-laced, metal or rubber valve bladder. \$9.00 each.



The **O** Wanamaker-Riddell shoes of blue back kangaroo, equipped with detachable cleats. \$6.50 a pair.

JOHN WANAMAKER

1 South Broad Street, Philadelphia

New York, 9th Ave. & Broadway
Boston, 115 Federal St.

Chicago, 30 E. Randolph St.

Seattle, 119 Spring St.
Los Angeles, 730 S. Grand Ave.

vidual player's ability to get free from his guard without the aid of screening. The individuals would try to time their breaks or cuts so that they would get free to receive a pass and shoot or dribble in for a crisp shot. They would dribble in as far as possible and then stop and pass back out to another man who would shoot a long shot and then the offensive men would try to follow up the shot taken.

Four teams relied on long shots for their offensive punch; they were Brownwood, Harlingen, Austin (El Paso) and Jeff Davis. These teams appeared unable to work the ball through the defense consistently, and therefore had to take long shots in order to score at all.

Athens High used a screening style of offense and handled it very well, timing their breaks or cuts so that their guard would be screened off by a teammate's guard or a teammate. The guards on the Athens team were very fast and clever ball handlers as well as good shots. They would pass in to a man on the foul line and then break by for a return pass for a shot. Cobb, all-state forward, played on the foul line and scored plenty of points.

Some of the screen plays used by Athens are shown in Diagrams 16, 17 and 18. In

[Turn back to page 14 for these diagrams]

Diagram 16 No. 4 brings the ball down the side-line and passes to 1 who cuts up the side-line. 4 breaks around the outside of 1 and receives a return pass for a shot or a dribble in for a crisp shot. 1 may also pass in to 3 or to 2 breaking around 3 for screening purposes.

In Diagram 17 No. 5 passes in to Cobb (3) at the foul line and breaks for a return pass and crisp shot. 3 waits for 5 to cut by then gives him the ball, or fakes to give it to him, and himself turns and shoots. At other times 3 turned and shot immediately on receiving the ball.

Diagram 18 is an Athens out-of-bounds play that worked consistently. 1 fakes a pass to 2 who cuts out to block off 1's guard. 1 passes to 3 who gives 1 a return pass as he breaks down toward the basket.

Lamesa High used a fast break coming out of their zone defense. When they recovered the ball on the defense they would make a semi-long pass to Sturdivant or Britt to start the fast break. They would take the ball down the court for a short shot or a crisp shot. If the defense recovered in time to stop their fast break they would pass back out and try to work the ball through the defense until some one got a good shot or a medium long shot, then the three tall men would follow up the shots taken, to garner many a point. Sturdivant and Smith did the follow-up work and did it well. Smith, a guard, got most of his points this way. He was a demon on getting the ball off the board on offense and defense.

Denton High had one of the best-coached teams in the tournament. They used a slow, deliberate style of offense. They also relied on the individual players to get free of their guards without much use of screening. Denton took their time on offense and passed the ball continually until some teammate would break into the open, free for a shot. They made sure of their passes, their main object was to handle the ball until they got a good shot. Failing in this they would pass the ball back out and start over again, passing the ball back and forth, in and out, until some one got open. Their offense looked good against a zone defense but when they stacked up against Athens in the semi-finals their men were always closely guarded and they did not get very many shots in close, and when they took long

shots Athens would recover the ball off the board. Denton had a tall, rangy team and should have gone farther in the tournament than they did. Some of Denton's offense is shown in Diagram 19. 4 breaks into the middle, kept open by the offensive set-up. 5 passes a medium long pass to 4 who may go in for a shot, or, if stopped, he may pivot and feed 2 cutting around. If neither 4 nor 2 is open for shooting, either one back passes to 3 or 5. 3, 4 and 5, also work on a criss-cross pattern outside the defense, maneuvering for a break and a pass-in. They shot long ones when the break did not come quickly.

MARTY G. KAROW

Colorado



NE of the most interesting of Colorado state high school basketball tournaments was held in Denver on March 15, 16 and 17. The tournament brought 16 representative teams from all parts of the state to engage in a series of games that resulted in North High of Denver being declared champion for the year.

The Colorado Association provides a district arrangement with two teams coming from each of the geographical districts. The Mancos team, a colorful team from the Mesa Verde region, crossed several mountain ranges and travelled 550 miles to reach the tournament in Denver. By way of contrast, the Wray Eagles came 200 miles from the Eastern plains of Colorado. Delta and Grand Junction came 400 miles and many of the other teams came long distances from their various sections.

Such a difference in distances and localities naturally brought a variance of ideas and systems to the state tournament. In spite of the widely-separated districts, it was significant that five of the coaches were graduates of the Colorado Agricultural College. Ray French at Wray, Bill Lankford at Alamosa, George Barrows at Delta, Albert White at Lamar, and A. L. Montgomery at Longmont, were the former Aggies. Coach Joseph Ryan, in charge of basketball at the Agricultural College, who once coached a national championship team for Windsor, Colorado, a school of less than a hundred pupils, can well be proud of the work of his former players in Colorado high school basketball.

North High of Denver, coached by Jack Evans, was a powerful aggregation and scored freely in all of their games. They featured four men who could score and presented a tough man-for-man defense, although it could hardly be said to rank with their offense. Tony Rodriguez, a strong, tall center, controlled the tip-off and gave North an advantage that helped materially throughout the tournament.

The prevalence of five-man and zone defenses among the good teams of the tournament shows the trend of Colorado high school basketball during the past season. A half dozen of the outstanding teams in the tourney used this type of defense. Two of the important games, the semi-final between Greeley and Manual of Denver, and the consolation championship between Pueblo and Colorado Springs, found all four teams using set zone defenses.

The chief reason for the return to set defenses by the Colorado high schools has been the introduction of block and screen plays by many of the schools. Many of the high schools have followed the lead of the Piggly Wiggly team of Denver, national A.A.U. contender for the past two years, and are imitating their style of offense in their systems. These former Maryville players greatly stimulated the use of block

and screen plays in Colorado high schools. This style of play was further imitated by the high schools when Henry Iba, former coach of the Piggly Wiggly players at Maryville, followed his players to Colorado to become basketball coach at Colorado University.

Two of the pre-tournament favorites, Pueblo Centennial and Colorado Springs, lost their opening games by narrow margins because of their desire to play safe, percentage basketball. These teams seemed to be satisfied with the slow-break, set-defense and percentage style. The other important game, with both teams using this type of play, found Greeley and Manual of Denver making considerably more effort against each other. Greeley's ability to hit some 40 percent of their shots won the game for them in a convincing manner.

A few teams in the tournament used the "hit or miss" system and played aggressive basketball. Sterling played this type and was a popular team with the fans because of their ball rustling and constant shooting which enabled them to play some of the best games of the tourney against some of the leading teams. Their loss to North High, a team playing very much the same type of basketball, by a score of 46 to 41, established a record for scoring in the state tournament and provided the fans one of the best games of the tournament.

The championship game was a clear-cut victory for North High over Greeley, 35-16. North's ability to shoot from the corners over Greeley's five-man defense proved to be Greeley's downfall. Buechner, Wood, Haines and Rodriguez took turns on long shots with a high percentage to aid them. Greeley was unable to hit the bucket as they had in the afternoon game and the result of the game was not long in doubt. The five-man defense that had been so effective against all other opponents in the tournament looked bad against a team of sharp-shooters. North employed a short-pass triangle with a pass out to the corner for a shot quite effectively.

Against Greeley's zone defense North placed three men inside (see Diagram 20).

[Turn back to page 14 for this diagram]

The pass-in was to 2, a tall man, who passed off to 1 or 3, depending on which defensive man pulled over. 1 and 3 were crack shots and could sink them from where they stood.

The tournament was well-attended and capably handled. W. N. Greim of the Denver school system deserved a lot of credit for his services to the high schools in the management of the games. The Colorado High School Athletic Conference managed the tournament efficiently and was able to pay all expenses of the teams. Lemuel Pitts of Pueblo, and R. W. Truscott of Loveland, respectively president and secretary of the Conference, are the other members of the committee.

The fans came away from the tournament feeling that the most powerful team had become the new state champion. There was also a feeling that the new champions had played the type of basketball that is popular with those who pay to see the games.

H. E. REED

Illinois

FOR the first time in a number of years 16 teams were allowed to play in the state final tournament. These were the victors in a series of elimination tournaments which started with 853 competing schools. This is the largest number that ever entered in district tournaments and the 16 winners displayed unusual basketball ability.

The attendance records for the state

final tournament were broken, 33,500 people attending. The tournament was won by the Quincy team which defeated Thornton Township High School of Harvey in the final game, 39-27. Quincy won their way into the finals by defeating Centralia, Charleston and Moline. Thornton reached the finals by virtue of their defeats of Streator, Lane Technical High of Chicago and Equality.

Equality defeated Moline in the consolation game and thereby won third place. The other teams that competed in the finals were Freeport, Lawrenceville, Peoria Central, Urbana, Marion, Champaign, Marshall High School of Chicago and Springfield.

Probably the most spectacular playing for a number of games was done by Thornton. In their first three games they demonstrated almost every type of basketball and were regarded as having given the most phenomenal demonstration of any team that has been at the state tournament for a number of years. However, in the final game the superior defense and the unusual power and accuracy of the Quincy players gave that team a well earned victory over the pre-game favorite.

There were several outstanding features about the tournament play. The one-hand push and hook shots were used continually by almost every team in the tournament. These shots were in general very effective and the players seemed to be about as accurate when shooting with one hand as when using both hands. Another noticeable feature was the fact that a considerable number of the players were ambidextrous and made their tries and their passes with the left hand as well as with the right. This was particularly true of the Thornton team. A number of their baskets were made through left-hand tries by players who by nature are right-handed. Centralia used a high two-hand push shot during which the ball was not pulled down lower than the player's face. The guards found such a shot difficult to block. There was an unusual number of tall players. Almost every team had from one to five boys who ranged from 6 ft. to 6 ft. 5 in. A few teams, such as Marshall of Chicago and Urbana, were made up largely of shorter players. These players found it necessary to use kip or body-throw shots. They would leap in the air before starting any arm movement and while at the maximum height would bring the arms up to snap the ball away. One of the Marshall players who, unlike his teammates, was tall, used the same type of shot very effectively. On a number of occasions this player received the ball in his free-throw circle on a high pass from a teammate. He leaped in the air to receive the pass, made a body turn while in the air and converted the pass into a try for goal before regaining his feet. A number of points were scored through this type of shot.

As far as general style of play was concerned 15 of the 16 teams used a fast-break game and attempted to work the ball under the basket before the defense was completely set. Springfield used their traditional deliberate offense and depended on retaining possession of the ball a great proportion of the playing time. They lost their first game to Lane of Chicago at the end of three overtime periods. The score was 16-15. During the last overtime period when two points would immediately end the game Springfield depended on a sharpshooter who was sent in to try whenever he was set. He had a number of chances from a distance but Lane finally won on a sleeper shot.

Another feature of the tournament was the fact that while in the past play had been largely confined to the offensive half

of the floor, this year it was scattered over the entire floor due to the fact that most defenses sent one or two players down into the opponent territory to worry the players who were bringing the ball up and thus prevented accurate offensive plays. One team used a tandem pivot play on which one tall player was placed about three feet in front of the basket and another tall player was placed as a pivot man in the free-throw circle. Screens and hook passes were designed to allow the farther pivot man to either use a hook shot or a hook pass to the nearer pivot man who would in turn use a hook or kip shot.

As far as defense was concerned there were occasional exhibitions of the straight zone type, but the teams seemed to lean toward man to man defense with from one to two players covering the opponent all over the floor.

Several offensive plays that seemed to be effective are shown in Diagrams 21, 22 and 23. In Diagram 21, bounce passes go [Turn back to page 14 for these diagrams] from 1 to 2 and 3. 3 fakes a hook shot but bounce-passes to 4 who fakes toward the basket then pivots away and passes to 5 deep down. If 5's guard was not screened, or 5 was well-covered on a switch in his deep position, he would shift the ball to his left hand and let fly from there.

In Diagram 22, No. 1 bounce-passes to 2 who pivots, fakes a dribble to the right, then swings the ball in a circular arm movement behind his back, dispatching a back-hand pass to 3 cutting in. This play was one of the tournament's sensations.

In Diagram 23, the tall pivoter, 1, fakes to 3, then hook-passes to 2 whose guard is screened off by 4. 2 shoots with body leap and twist. This tandem pivot proved effective where two tall pivot men were available.

H. V. PORTER

Alabama

THE brand of basketball displayed by the high schools of Alabama in the state tournament this year was a little better on the whole than that of past years. Teams that were rated to reach the finals had a hard struggle in overcoming some of the teams of lesser rating, and in some cases failed entirely.

The general improvement is on the whole due to better systems of offense and defense. The offense used most was a combination of the fast break down the floor before the opposing team had time to set up a defense and the slow deliberate set up, used only against the formed defense. In working the fast break down the floor, the guards would recover the ball off the backboard and hook pass to one of the forwards, who in turn passed to the center who is breaking down the center of the floor. The center may take a dribble or pass to the other forward who is also breaking fast for the basket. He shoots for a goal or passes back to the other forward.

The slow, deliberate method was used even more than the fast break. The guards passed the ball back and forth between them or dribbled it past the center line. It was here that the new ten second rule worked wonders in speeding up the game, and very few penalties were necessary for violation of it. After having advanced the ball into the front court, a set-up was formed. The center or some tall man was placed on the "spot," or pivot, and here again one of the new rules worked splendidly, forbidding the pivot man from holding the ball more than three seconds. The guards worked the ball in to the pivot man and he in turn would shoot from many different angles or pass to the forward in front or to the side. The pass to a forward in front of the pivot for a shot was



WOUNDS

Such as

ABRASIONS

CUTS

BRUSH BURNS

CINDER SCRATCHES

INJURIES FROM

NAILS, SPLINTERS

CONTUSIONS

are responsive to treatment
with Antiphlogistine

When applied as hot as the patient can bear direct to an inflamed or lacerated area, it helps to relieve the pain and inflammation and to restore the tissues to their normal condition.

Foreign bodies that have become imbedded in the tissues adhere to Antiphlogistine when spread directly on an abraded surface, leaving the wound clean and sterile.

Antiphlogistine
TRADE MARK

Sample and literature to
Trainers, Coaches and Phys-
ical Directors.

The

DENVER
CHEMICAL MFG. CO.

163 VARICK STREET
NEW YORK, N. Y.

Coming June 1st PRACTICAL FOOTBALL

*A manual for coaches,
players and students*

By

H. O. [Fritz] Crisler,

Head Football Coach,
Princeton University

and

E. E. [Ted] Wieman,

Line Coach, Princeton University

\$3.00

Let us have your on-approval reservation now, so that we may send you the book on the day of publication.



Intended as a guide in teaching and developing better technique and better coaching methods, this book assumes a working knowledge of football on the part of the reader and omits all superfluous explanation and theoretical exposition.

Ideas are presented concisely and briefly and only practical, ready-to-use methods are considered. Special emphasis is given to blocking, tackling, position play, the kicking game, the passing game, the running game, offensive plays, generalship and defensive planning.

McGraw-Hill Book Co., Inc.
330 West 42nd Street
New York, N. Y.

You may send me on approval, when ready, a copy of Crisler and Wieman's PRACTICAL FOOTBALL (\$3.00). I agree to return the book, postpaid, in ten days after receipt or to remit for it at that time, plus the necessary postage.

Signed.....

Address.....

Official Position.....

Name of Institution.....

SC5-1-34

one of the best plays from this set-up. (See Diagram 24 on page 14).

The guards would get a lot of consideration from this set-up. They would criss-cross and block for each other's break towards the goal for a pass from the pivot or forwards.

The man-for-man system of defense was used by the majority of the teams. Before the game started each man picked his man to guard and would stick with him until a substitution was made or was told by the captain to make a change. One objection to this system of defense is that an incoming substitute usually delays the game in finding out who he is to guard. There should be a rule to do away with this unnecessary delay of the game.

The zone system of defense worked very effectively for the few teams that used it. It seemed that the offense used by most of the teams was not adaptable against this system of defense or else there was a lack of drilling against such defense. In one or two cases a weak team using this system of defense won over a supposedly stronger team using the man for man.

MALCOLM LANEY

Nebraska

LINCOLN High School of Lincoln, Nebraska, won the twenty-fourth annual Nebraska high school basketball championship final by a score of 21-12 over Crete High School, an offtime semi-finalist or finalist during the past eight years. This was the eighth title for the Lincoln team since the tournament started in 1911. However, it was the first State Basketball Championship won by a Stuart Baller-coached team.

Crete High School, coached by L. F. "Pop" Klein, a state winner in 1932, displayed the usual remarkable basketball tenacity, but lacked in physical strength the prowess of the Lincoln team. Lincoln High had previously chalked up seventeen straight triumphs during the regular playing season.

The two teams are noted for their fast driving offense. It was a case of like against like, with the odds being in favor of the taller and the heavier champions. Coach Baller had previously coached Jackson High School of Lincoln, Nebraska, bringing that school through to a number of semi-finals or finals in the state championships.

The class B championship was won by Bellwood High School, a Butler County team, when it defeated Stockham, 18-17. Bellwood High is coached by C. D. Garrett. This team won from three unbeaten quintets in its drive to the class B championships.

The class B title is derived by previous elimination at thirty-two tournaments of schools whose average daily attendance in grades nine to twelve inclusive is 100 or less.

The Bellwood team exercised a slashing offense, although its ability to convert from the free-throw line played a big part in its triumph. They gained ten points out of a dozen free-throw chances. Bellwood accounted for four field goals only, as compared with seven from Stockham, the latter team making three free tosses and missing four.

Bellwood eliminated Duncan, 1933 class B champion, two weeks prior to the State Championships. One week following, it defeated Mead in the class B playoff out-state, and then followed by defeating Dorchester, Winnebago, Avoca, and Stockham to win the 1934 title. It is noteworthy that the last three teams lost their first games of the season to Bellwood.

WALTER I. BLACK

California

CALIFORNIA has no state basketball championship. The state is divided into three sections, and each section conducts its sectional championship, but these three champions are no longer brought together in a final for the state title.

There was a time several years ago, however, when the California Interscholastic Federation, the state organization of high schools, conducted inter-sectional championships, the winners of the north and south divisions meeting to determine the state title. This was done away with, though, in 1924, for it was believed by physical educators who coached the teams that the state play-off in basketball made the season too long and resulted in harm to growing boys. Because of this fact, it was felt that there was no educational value in conducting basketball beyond the local league games or sectional games.

Even though competition in basketball ends with a local league or section, keen interest in the game is shown in all parts of the state. On the whole California high school teams play a fast, aggressive type of offense. The fast-breaking offense is, of course, most often used after the rebound is taken from the opponents' board, the object being to advance the ball down the court before the defense gets set. When, on the other hand, the ball is brought from the back-court, against a set defense, the offense is much slower. Often two forwards station themselves in either corner and play a waiting game in the hope of getting a corner shot, or of breaking past the guard for a pass from the guards outside the first line of defense. If the forwards do receive a pass and are covered by a guard, they pass out of the defense immediately and the process of working the ball in starts again. In many instances, to be sure, the defense is so strong that the offensive team has to resort to long shots with the forwards and center going in for the rebound.

As for the defense used by California high school teams, a common style during last season was a man-for-man defense in the offensive area of the floor. Supplementing the man-for-man style, many teams used the five-man defense, stationing the players deep in the defensive area, the first line of the defense being about at the foul line. This made in-the-hole shots more difficult and forced longer shots, the defensive team having five players near the basket for the rebound.

ALFRED E. PARKER

Washington

AUGMENTED by more than usual interest, the eleventh Washington State tournament was resumed this year in the University of Washington pavilion at Seattle, March 15, 16 and 17. This annual event was discontinued last year due to the depression. The tournament is sponsored by the Washington State High School Athletic Association.

Sixteen teams had entered this tournament each year until 1931. In 1931 and 1932 the number of teams was increased to thirty-two. As this number proved to be unwieldy, this year the teams entering were cut to the original sixteen. The tournament is run on a single elimination basis, and on the last day Walla Walla and Hoquiam high schools met in the finals, Walla Walla winning 30-28. This was a great game for the fans to watch as both teams were striving to gain an advantage

by exchanging shots, some of which were extremely spectacular.

Offensively, the five-man short pass style of play dominated, with teams depending on the individual smartness and cleverness of their members to break away for a score. Fourteen of these sixteen teams used uniformity of offensive play. The play of all these teams was characterized by speed, good ball handling, and accurate shooting. The two remaining teams used a somewhat different style of offense. One of them used the man-in-the-hole style of play, depending on a long pass and a quick break in order to score. This was fairly effective, as they were very capable of capitalizing on their opponents' errors. They used a four-man, man-to-man defense most of the time, occasionally switching to a four-man zone when the situation presented itself. Their defensive tactics were disconcerting to their opponents. The other team employed a fast break combined with a slow break plus set screened plays when the fast break was checked. This style of play was effective and extremely interesting to watch. The ball handling of this team was accurate and perhaps the best in the tournament. Their plays were executed with perfect timing and rhythm. They had deception and speed which made them difficult to check.

E. L. HUNTER

South Dakota

THE 1934 South Dakota state high school basketball tournament was one of the best in the history of the annual event. This statement is made after giving consideration to the caliber of basketball played, the closeness of the competition, the quality of sportsmanship and the interest shown by the public.

The games were played in the Coliseum at Sioux Falls with eight teams entered. South Dakota high schools are divided into 32 districts and eight regions, so the eight teams had each survived two previous tournaments to get into the final competition.

Sioux Falls, Aberdeen, Huron, Mitchell, Watertown and Yankton represented the larger communities of the state, while Ipswich and Vale were smaller schools which completed the select group.

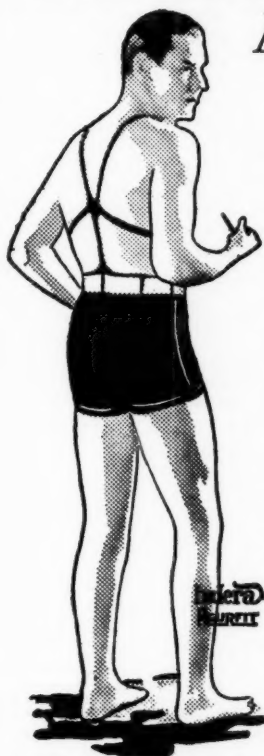
The tournament this year ran true to the history of recent tournaments inasmuch as a team which was not among the outstanding favorites won the championship. Washington High School of Sioux Falls, South Dakota's largest high school, won the 1934 title and no one could say that Coach Howard Wood's boys did not deserve the honor. They played consistently clever and aggressive basketball to dispose of their three opponents in the state tournament. Yankton, a team which had won two close games from Sioux Falls during the season, was defeated 25-23 in first round play; Aberdeen, 1933 champion, was disposed of rather handily in the semi-finals and Mitchell, a strong team all season, was beaten in the finals, 34-32. Mitchell, like Yankton, had defeated Sioux Falls twice during the season.

Mitchell reached the finals by defeating Ipswich in first round play and upsetting the dope to down Huron in the semi-finals, 22-17. Huron was the pre-tourney favorite to win the championship, but yielded to the superior poise of Coach Joe Quintal's athletes.

The first-round Yankton-Sioux Falls game, Huron's 35-31 triumph over Watertown in the first round, the Mitchell-Huron semi-final and the consolation final which Watertown won from Yankton 32-30, all packed enough thrills and clever basket-

INDERA SWIM SUITS

More than Style

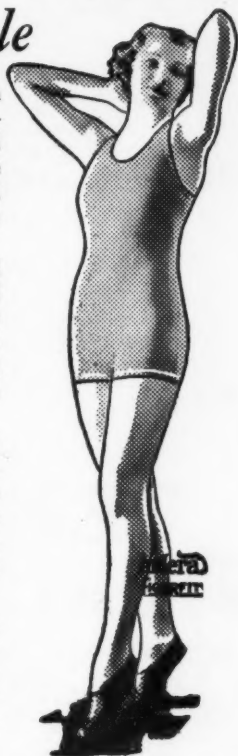


Slip into an Indera Swim Suit and note the difference—the snug fit, the feel of real quality, good tailoring and the smart style—swimming and sun bathing become a double pleasure in any company.

A wide variety of styles and colors for men, women and children in qualities of fine 2-ply zephyr, 100% wool, 50% wool and all cotton of special knit offers a suit at the price you like to pay.

Models for women are made with the patented inbuilt brassiere while the "Speed," the "Spiderbak" and the "Tropic Trunks" for men have the inbuilt suspensor, snug and comfortable.

This year buy an Indera and swim in more than style. Your favorite dealer can supply you with Indera Figurfit. Catalog showing 1934 line upon request.



INDERA MILLS COMPANY

WINSTON-SALEM, N. C.

U. S. A. Telephone—Dial 2-2603

New York Sales Office: Wilson Bldg., Cor. 33rd St.—1270 Broadway
Telephone—Penn. 6-9456

The Football Coach's Equipment Dream Comes True . . . Write for our new 1934 football catalogue

The No. A5 Mitchell & Ness football has been adopted by the Philadelphia Public High School Conference.

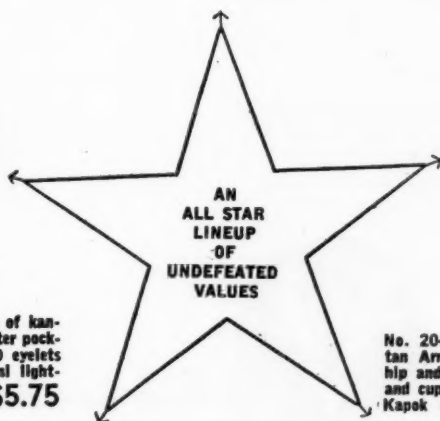
No. 20 HELMET—Made of heavy tan strap leather. Trimmed in black. Molded fibre crown and ear cups. Suspension web in crown. Lined with best grade white felt. **\$2.85**

No. 2500 JERSEY—Made of heavyweight 100% pure worsted yarn. All color combinations. **\$3.50**

No. 1 SHOULDER PAD—Made of best grade sole leather reinforced with fibre and padded with quilted kapok. **\$3.50**

No. MNO SHOES—Made of kangaroo leather outside counter pockets, detachable cleats, 10 eyelets in height, form fitting and lightweight. Steel plate inside of sole. **\$5.75**

No. 20—PANTS—Made of heavy tan Army duck. Kapok and fibre hip and kidney pads. Shaped legs and cupped knees. Kapok knee pads. **\$4.75**



A team of 11 players can be completely outfitted with the above numbers for \$223.85 . . . All equipment guaranteed to give complete satisfaction . . . Samples ready for immediate delivery.

MITCHELL & NESS

1223 ARCH STREET, PHILADELPHIA, PENNA.



TENNIS is First Choice!

5000 people were recently asked what they chiefly wanted to do in leisure time. Of all possible diversions (indoor or outdoor) *tennis won most votes!*

Tennis is the game of today—and tomorrow! After graduation, when team athletics are no longer available, your students will continue to enjoy the thrill and healthful exercise of tennis.

You may not have time to give much personal tennis instruction. But you can help your players by giving them such instructive hints as Bill Croker's article on "Footwork and Balance." Mail the coupon for as many **FREE** copies as you wish to distribute among your tennis players.

Another tip: Tell your players how much *more* they'll enjoy the game by having their rackets live-strung with **VICTOR** "Strings that Win." Check the coupon for the name of nearest "Authorized Victor Stringer" who will show you samples, color chart, and prices.



"Bill" Croker's article, "Footwork and Balance," presents a new slant on a much discussed tennis subject.

VICTOR
SURGICAL GUT MFG. CO.
4501 PACKERS AVENUE
CHICAGO



VICTOR SURGICAL
GUT MFG. CO.
4501 Packers Ave., Chicago

Gentlemen: Please send free of charge.....
copies of the "Footwork and Balance" circulars.
Also name of Authorized Victor Stringer.

Name.....

Address.....

City..... State.....



MAKE THE VICTOR

ball to satisfy the average fan, but the greatest display of all was put on in the final game. At one time in the last half Mitchell led by 8 points. Not so long after Sioux Falls was ahead by the same margin, but in the end the score was 34-32. It was a great game between two teams of championship caliber.

Most teams, I believe, favor some variation of the man-for-man defense. The only outstanding exception to this in the 1934 tournament was the strong Yankton team which has continued to use a 3-2 shifting zone defense for many years. One other team used a zone in one of its games, but not with much success. Most of the teams favored an assigned man-for-man defense, with shifts to avoid screening. I believe most South Dakota high school coaches attempt to strike a good balance between offense and defense. The boys are well coached in defensive fundamentals. Aggressive, but scientific guarding with excellent footwork would characterize, in short, the defensive phase of South Dakota state tournament basketball this year.

Offensive systems, as such, again were of some variation. A majority of the teams attempted to get numbers on the defense whenever possible by means of a fast break. I believe most of these fast break systems were not highly organized. In many cases it consisted of a player getting the ball off the defensive board and dribbling it as far as possible before passing ahead to a teammate. This is not meant as destructive criticism, for surely the fast break was an effective and valuable part of the offensive strategy of many of the better teams in the tournament and the simplicity of some of these systems may have been the secret of their effectiveness.

In the past few years the man-in-the-hole or pivot play has come into favor in South Dakota and this year was again prominent in the state tournament. Those teams using the man-in-the-hole type of play would pass the ball in to the pivot, who might take a one-hand unguardable shot from his position, pass it back out to a guard or forward for a screen shot or feed it in to a forward or guard breaking for the basket. Besides the pivot play, used by a majority of the teams, at least one team varied its attack by using two men in and three out part of the time, attempting to spread the defense.

Set out-of-bounds plays were not greatly used by the teams in this year's tournament, and there was little, if any, evidence of center tip-off plays, a majority of the teams being content to play for possession of the ball.

One-hand shooting from the area around the free throw lane, from the side and by the man in the hole position has come into great prominence in recent years and was much in evidence during this year's tournament.

A new development in the 1934 tournament was a clever back-hand pass used by some of the pivot men in feeding the ball to a teammate breaking for the basket. Fitzgerald of Yankton was especially skillful with this type of pass.

PAUL M. MARSCHALK

New England

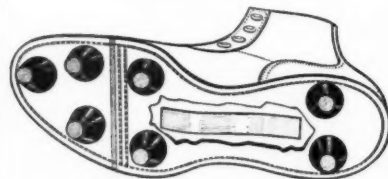
CONNECTICUT continues to lead its sister states in the field of basketball for New England honors. For the second consecutive year and the fourth time in eight years of competition a Connecticut high school has had the honor of being named the New England interscholastic champion. Massachusetts and Rhode Island follow Connecticut in the advancement and development of this greatest of indoor games, while Vermont,

NATURAL BEND Spring Steel Arch Support FOOTBALL SHOES

Reg. Pat. Pending

A Football Shoe

with the Speed of
a Track Shoe



(Showing Spring Steel Arch Support)



(The finished product with Flex at the natural bend of the foot)

Coaches!

Get in touch with us or your dealer
for further information.

BROOKS SHOE MFG. CO.

Swanson and Ritner Sts.
PHILADELPHIA, PA.

Draper-Maynard
MADE IN USA
Athletic Goods

This Mark Represents More Than a Name

On the baseball diamond, on the gridiron, on the hockey rink, on the basketball court, and wherever athletics are indulged in, there you will find equipment bearing this trademark. It shows that the product was made by Draper-Maynard, but it also has a broader significance. It is a symbol of highest quality, of years of craftsmanship, of a pride in producing superior athletic equipment. You can't go wrong when you specify D & M.

The
Draper-Maynard Co.
Plymouth, N. H.

New Hampshire and Maine seemed to have made the least showing when compared to the fast and strategic style of play found in Connecticut.

It is of interest to note that the winner and the runnerup in the New England tournament at Tufts College were runnerup and winner, respectively, in the Connecticut Interscholastic Athletic Conference tournament held at Yale University in New Haven the week before. I refer to Central High School of Bridgeport and Bristol High School. These two teams played championship basketball throughout both tournaments and were rightfully declared the two outstanding teams not only of Connecticut, but also of New England.

Bristol, 1934 winner of the Connecticut title and runnerup in the New England tournament, employed a 3-2 shifting zone defense and offensively used a fast breaking, criss-cross passing attack. Their main objective in this style of play was to pass, cut and present a legal block so as to place a teammate under the basket for a score or in a position for a short shot. When definitely sure of possession of the ball at center tap, Bristol did a great deal of shifting positions against teams that used the man-for-man type of defense; in other words, the forwards and guards would change places or the forwards and guards individually would interchange. This, in many cases, caused confusion among their opponents, and resulted in two opponents playing the same man.

Bridgeport Central High School, winner of the New England title, and runnerup in the Connecticut tournament, surprised every fan and coach in Connecticut by using a dogging, man-for-man defense. Each Central player on defense played his opponent very closely over the entire area of the court. The size of the Yale court being 85 x 50, it not only demanded that these players be in the best of physical condition, but also every ounce of stamina in their bodies had to be in readiness. Although the selection of this style of play proved, during the early stages of the tournament, to be very successful, its continued use throughout the tournament seemed to have a direct bearing on the final outcome. Offensively, Central also used a fast-charging style of play until it met Bristol. It then changed its offensive tactics to a slow and deliberate passing attack, the men being assigned to various spots on the floor. These men would, in the course of play, exchange positions in an attempt to confuse and draw out their opponents from their zone areas. In every case, these men exchanging positions would always go to the spot left vacant by their teammate.

These styles of play were employed by all the better teams in Connecticut as well as the eight of them that reached the Yale tourney. As a result, Connecticut fans witnessed one of the greatest years of basketball play in the history of its Interscholastic Athletic Conference. In the opening round of the Yale tourney Meriden eliminated Windham, a pre-tournament favorite, 22-21, only to be followed by Bristol dashing Meriden's hopes for state honors, 26-25, in a thrilling and determined late rally. In the final contest Bristol had to overcome a five-point deficit at the end of the third quarter and, through a blistering last-quarter attack engineered only by outstanding team play, went on to outpoint a stubborn Central team 35-33, in two overtime periods.

The personnel of these two fine teams varied in height with one exception, the two centers. These men were six feet, five inches in height and the result was neither man fully controlled the center tap. Bris-

How to Clean Tile Safely...



Ordinary detergents will remove surface dirt but not embedded dirt, stains, discolorations, etc.

Muriatic Acid is harmful; it will gradually eat away the cement grouting from between the tiles. Tile cleaners containing this acid should be avoided.

A good tile cleaner must employ both chemical and abrasive action. The abrasive must be so fine and soft that it will remove surface dirt and ordinary stains but will in no way mar the polish or luster of the tile. The chemical cleansing also must be accomplished safely.

TILITE

The chemical ingredients of TILITE

give it maximum cleansing and stain-removing power with absolute safety to the tile and the cement. The abrasive in TILITE is so soft and smooth that in a whiter form, it is used as the base for a tooth-paste. TILITE is exceptionally effective for removing iron rust stains, discolorations, waxy dirt, soapy deposits, embedded dirt, oil and grease stains, etc., leaving the tile glisteningly clean and polished.

Some TILITE Users—Naval Academy, Annapolis, Md.; Lafayette College, Lehigh Univ., Dartmouth College, University of Virginia, Gustavus Adolphus College, Washburn College, Detroit Athletic Club, St. George Hotel Swimming Pool, Brooklyn, N. Y.; numerous Y. M. C. A.'s and Clubs.

Write for Samples and Information

STERLING PRODUCTS COMPANY
340 BISHOP ROAD EASTON, PENNA.

SO . . . you're off to NEW YORK?

You'll find the old town happier . . . business is better . . . people are gay.

You'll be looking for a hotel that's convenient, comfortable, friendly and easy on your pocketbook.

Come to the Piccadilly, one of New York's newest hotels. Rooms are soundproofed, with plenty of light and air and sleep-inducing beds.

Dinner Dancing in the Georgian Restaurant . . . SILVER LINING Cocktail Room . . . serving the best at moderate prices.

Single
Room

250
up

Private
Bath

HOTEL PICCADILLY

227 West 45th Street New York
Now under Arthur Lee Direction

LEARN to play tennis like a star!

IMPROVE your game! Clip the coupon now for free booklet "Stroking with Vinnie Richards." All the most important strokes in tennis illustrated with motion picture "stills". Each stroke described in detail by Vincent Richards. Professional Outdoor Champion of the World. Contains close-ups of proper grips, rules of the game, court measurements and other interesting information as well. Yet it costs you nothing! Write for your free copy today and full information about world-famous Dunlop racket and ball. Don't delay... mail the coupon now.

SEND FOR
FREE BOOKLET
by "Vinnie" Richards



C-3

Dunlop Tire and Rubber Co.
Sheridan Drive, Buffalo, N. Y.

Please send me my free copy of "Stroking with Vincent Richards" and tell me about the famous Dunlop tennis ball that is official choice for championship play in 29 countries.

Name _____

Address _____

For Every Athletic Director

THE THEORY OF PLAY

by Elmer D. Mitchell and Bernard S. Mason

Here is a vital book embracing current practices in the organization and direction of play. The material is in keeping with the great sociological changes now taking place.

8vo. cloth-546 pp. \$2.80

TRACK AND FIELD, by Paddeok.....\$2.50

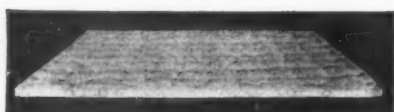
THE CONTROL OF FOOTBALL INJURIES,
by Stevens and Phelps..... 3.00

Illustrated Catalog sent on request.

A. S. BARNES AND COMPANY

Publishers

67 West 44th St., New York



Genuine NARRAGANSETT MATS

for gymnasium, boxing, wrestling, tumbling. Makers of mats and gymnasium apparatus for 50 years. Sold directly to institutions. Send for circular and low factory prices.

GYMNASIUM APPARATUS
ANTHROPOMETRIC APPARATUS
STEEL LOCKERS

NARRAGANSETT MACHINE CO.
100 Vale St. Pawtucket, R. I.

tol, handicapped by height in the other positions, more than made up the difference by their steady sure-fire passing attack. This was very noticeable in the overtime periods, plus the fact that Central seemed to be somewhat fatigued from their terrific dogging type of defensive tactics. This, I am sure, was a factor that turned the tide of battle in favor of Bristol for the Connecticut championship.

The next week at Tufts College, playing on a much smaller court, Central was not called upon to expend so much energy and, as a result, played Bristol to a standstill and finally was elevated to the position of New England champions for 1934.

JAMES J. DAVIN

Pennsylvania

SOUTH HIGH of Pittsburgh won the Pennsylvania state championship this year, marking the first time that a Pittsburgh team has won the state title since the practise of deciding champions was started in this state twelve years ago.

Of special interest in connection with the personnel of the South team is the fact that the fourteen players on the squad and the two student managers are all "first generation Americans" whose parents were born abroad. Thirteen were Polish, two Serbian and one Lithuanian.

Many of the boys on the squad had been playing basketball together for several years even before entering high school, and were familiar with each others' style of play. They were all first-class ball-handlers, and had been under enough fire to make them cool and collected no matter how the score stood.

I attribute some of the players' remarkable control over the ball to the regular medicine-ball workout they took at the start of each practise. The squad was divided into two lines, facing each other, and the medicine ball that is the size of a basketball was passed hard between the players for a period of five or ten minutes. Just one pass, a push-pass from the chest, was used in this drill.

The players were also required to give considerable attention to their foul-shooting. Twenty-five supervised free-throws were required each day, and the day's score posted on the chart. The result was that in the twenty-six league games played during the 1933-34 season the team was successful in 82 percent of their free-throws. No player on the squad fell below 65 percent.

The team was well balanced for size and speed—a center over 6 feet, one guard about 6 feet, the other guard about 5 feet 10 inches, but small forwards, only about 5 feet 8 inches. In this combination we had a left-handed forward who was unusually shifty, fast, and an excellent dribbler, and an excellent left hand shot. The other regular forward was well suited to fast team play and a remarkable scorer. The center established a great record by scoring 164 points in twelve city league games, and doing equally well in all others, and scoring 23 points in the state championship game. The one guard was not a scoring guard, but probably was the best defensive boy in the state. The other guard was always sure of his several field goals with plenty of help on the defensive end of the floor. The strength of the first five boys was due to the fact that the second five were just about as equal to the occasion.

All five players participated in the attack until the ball had crossed the center line, when one guard remained in the back, never allowing an opponent to get behind him. The four inside players were crack shots, and let the ball fly at the basket at every opportunity, rather than to attempt

to keep possession of it with circulation in the front-court until the "perfect" shot-opportunity came. Set plays on held balls worked with surprisingly good results. Everything seems to work, of course, when your shooters are making good on their tries.

South used a man-for-man defense, switching opponents as the occasion demanded. The back guard took any opponent who might come down the floor ahead of his man. South never found it necessary to check their opponents in the back-court, but would take them up just before they got into shooting range. The South center was worked in defensive rebound territory until the ball was recovered, then cut for the pivot position.

In the tournament games South played Somerset, Huntingdon, New Kensington, and Reading. All these teams were representative of their districts and in the case of New Kensington and Reading their schedules were extremely difficult. New Kensington was the winner of a western Pennsylvania league composed of 140 schools, while Reading was the master of the six eastern districts.

The Somerset team had played good ball all season, but the boys seemed unable to get started in their tournament game, and while they scored 16 points, South was able to score 46, using each player on the squad for at least two quarters.

New Kensington had a quick-breaking offense and a shifting zone defense. Their offense was designed to get lots of short shots, and this enabled South to check them before they worked the ball into shooting position.

Huntingdon had the biggest team South met all season. They seemed to depend on a slow-breaking offense to advance the ball and a zone defense to stop opposition. Their zone defense had worked well all year, but against big boys the South forwards had a better chance of faking the defense out of position for openings and shots.

In the final game Reading offered stiff resistance during the first half, the period ending in a tie at 12-12. Reading's star guard, the fastest and best-scoring guard in Pennsylvania school basketball, was having things his own way, the South forward assigned to him finding the assignment too much to handle. Between the halves a switch in assignments was made, and during the third quarter he was held scoreless, his team gaining two points while South collected thirteen. The game ended, 42-17.

G. C. WASHBAUGH

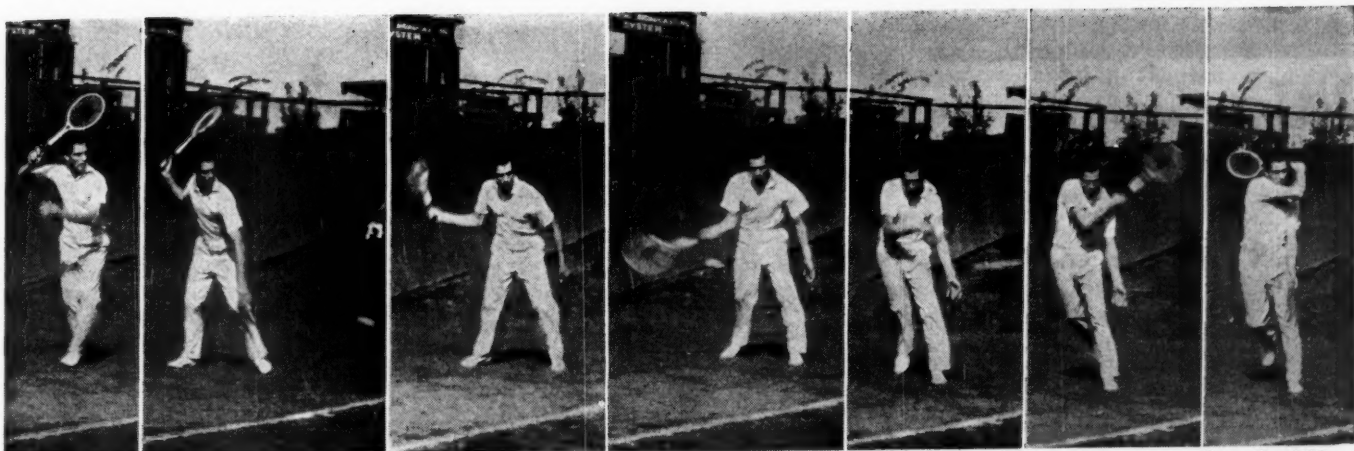
National Catholic

THE eleventh annual National Catholic high school basketball tournament, held as usual at Loyola University in Chicago, was won by Catholic High School of Joliet, Ill., over a field of 32 teams representing every section of the United States. The Joliet team scored a decisive final victory to win the tournament, defeating St. Mary's of Stockton, Calif., 30-16.

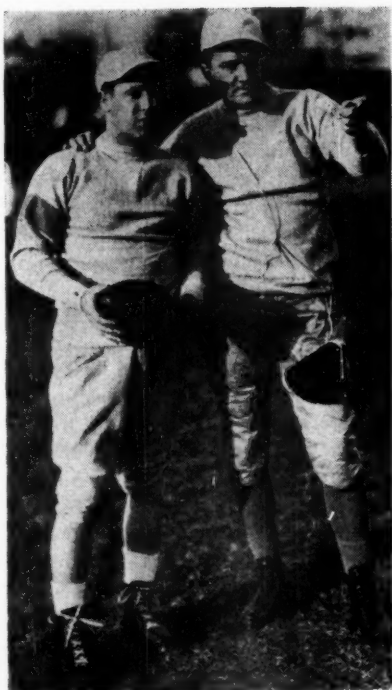
My first general impression of the tournament is that a smarter brand of basketball was on view than in any previous National Catholic tournament. The play was marked by good ball-handling and alert screening, with defenses functioning expertly in switching to avoid the screen. When a goal was made it was, generally speaking, earned. There were truly remarkable exhibitions of split-vision, or blind, passing. Especially good at this was the St. Philip's team of Chicago.

One of the most interesting and colorful teams in this year's tournament was the

[Concluded on page 47]



Owen Reed Photo



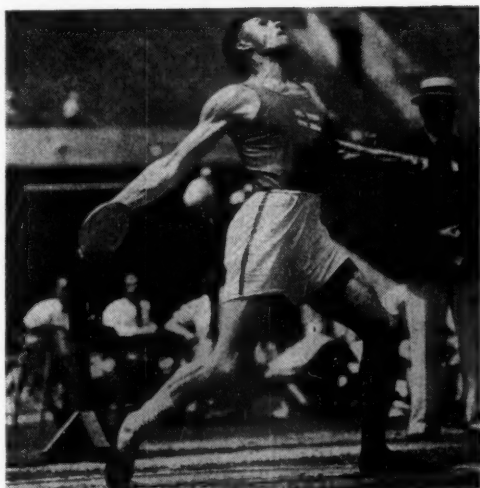
Keystone

ABOVE—The No. 1 FORE-HAND DRIVE: Frank Shields, top-ranking U. S. singles player, playing a baseline shot to his forehand. Note the fulness of the stroke, the racquet head finishing nearly at the point from where it started.

LEFT—WHAT THE WELL-DRESSED FOOTBALL COACH WILL WEAR: Dr. Mal Stevens (right) and his first lieutenant, Albie Booth, both Yale men, on the first day of spring practise at New York University, where they have recently been signed as football coaches.



Wide World



International

LEFT—THE EXPRESSIVE ACTION OF THE DISCUS THROW SUSPENDED BY THE CAMERA: Atilles Jarvinen of the Finish Olympic team, at the moment just after the last transfer of weight before the platter is thrown.

ABOVE—NOT AN APPEAL TO THE HEAVENS, BUT ONLY A FLY BALL: Charlie Berry of the Philadelphia Athletics "getting under one" and unconsciously becoming the subject of an excellent piece of athletic photography.



Thousands gain strength—energy—vitality on this delicious Vitamin D food-drink

HERE's a food-drink so delicious, you'll want to drink it at every meal—so full of food-energy value, you'll know at once why so many athletic coaches have made Cocomalt a regular part of their training-table diet.

Prepared according to directions—mixed with milk HOT or COLD—Cocomalt adds 70% more food-energy to milk. It is rich in Vitamin D. Cocomalt is sold at all grocery and good drug stores. Comes in powder form only, ready to mix with milk HOT or COLD. Order a can or send 10c (to cover cost of packing and mailing) for a trial size can. R. B. Davis Co., Dept. 22-E, Hoboken, N. J.

Cocomalt is accepted by the Committee on Foods of the American Medical Association.



Cocomalt

Adds 70% more food-energy to milk
(Mixed according to label directions)

CUT baseball expenses with 3-IN-ONE



Make your equipment give longer service by oiling it with 3-in-One regularly. Tempers bats; keeps gloves, mitts and shoes from cracking and hardening. Ask for 3-in-One Oil at your dealer's.

**HANDY CANS
AND BOTTLES**

Famous Coach Answers Every Question About Baseball, Basketball, Football and Track—

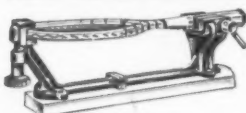


"POP" WARNER'S Book for Boys

This famous coach from his 40 years' experience in coaching and training boys and young men, tells how a boy should set about training himself to be successful in sports. "Pop" Warner answers all the questions a boy can ask about exercises, practice, team work, what to eat, how many hours to sleep, etc., in preparing to be successful as an athlete in baseball, track, basketball and football. Scholastic athletic coaches and trainers will find this book a mine of information, one they can recommend heartily to budding athletes. At all bookstores, \$2.00.

ROBERT M. MCBRIDE & CO.
4 West 16th St., New York

NEW RE-STRINGING VISE Cuts Cost



50%

Yes, tennis-playing costs are cut at least 50% with this new, improved vise which allows anyone to re-string rackets easily, quickly. . . . Professionally! Here is the vise you have been waiting for—and its

Set of Finest SILK STRINGS with illustrated re-stringing guide, clear, complete instructions. ALL PREPAID; 95c.

low price will amaze you! And don't forget that

MANY EARN \$40.00 A MONTH re-stringing rackets for other players! No experience needed. . . anyone can learn how to earn in a few minutes! 200% PROFIT PER JOB! Pass the good news along to friends who want to cut tennis costs and earn \$40.00 a month besides! **PROVEN MONEY-MAKING PLAN** and vise details will be mailed on request absolutely FREE. (Just drop me a postal!) W. A. BICKEL, 209 W. Madison, Dept. 74-35, Chicago, Ill.

Patents and Trade Marks

Patent and profit by your inventions. Protect your most valuable assets. Expert personal service.

LESTER L. SARGENT, Registered Patent Attorney
1115 K Street, N.W. Washington, D. C.

PINS 30¢

YOU WANT CLASS PINS—we have them—any letters, any year, any colors. Silver plated, 1 to 11, 35c ea.; gold plated, 45c ea.; sterling, 50c ea. Silver plated, 12 or more, 30c ea.; gold plated, 40c ea.; sterling, 45c ea. Sterling silver rings as shown, 1 or more, \$1.50 ea. Write For Free Catalogue, Metal Arts Co., Inc. Factory 53 Rochester, N.Y.

RINGS \$1.50

New Books on the Sportshelf

Noteworthy book on play

THE THEORY OF PLAY. By Elmer D. Mitchell and Bernard S. Mason. 547 pp. A. S. Barnes & Co., New York, \$2.80.

ALL the world's a playfield, and all the men and women and children merely players. Today the playfield is larger and its players more numerous than ever before in history. This would appear to be a refreshing sign in a civilization stricken with the fear and fever of insecurity and war. But, alas, play is not always what it seems. There are governments masquerading it for the purpose of making the war machine potentially stronger. This is not true here in the United States with the schools and similarly high-minded institutions in control of the play of our youth. Here play is directed toward the building of a nation of physically and mentally healthy, socially conscious people.

The forces at work in turning men, women and children in increasing numbers to the realm of play and keeping them there for their own and society's sake provide Elmer D. Mitchell and Bernard S. Mason the foundation for their painstaking analysis, *The Theory of Play*, a modernized representation of the Mitchell-Bowen study of the preceding decade, *The Theory of Organized Play*.

"The present authors first took up their task with the idea of revising the older book," they state in their preface, "but, as they got more deeply into the work, it became apparent that the book should be rewritten if it were adequately to cover the vast changes that have taken place in the recreational field in the past fifteen years. The new book is greatly enlarged and brings with it a complete change of emphasis in regard to the physiology of human motivation. The older 'instinct' psychology has been modified by explanations which are more in keeping with the newer thought in the fields of scientific research."

Professors Mitchell and Mason have produced a book distinguished by its comprehensiveness, its smooth-running unemotional style and its arrangement and interpretation of all the known factors in the play movement, with concentration on the United States in Part IV, the final division of the book, which constitutes half its pages. It is a potent work, and throughout it the discerning reader will detect the authors scanning the horizon, throbbing with the idealism that should be the possession of every educator. No loftier nor wiser heads could have bumped together in such a cause. Elmer Mitchell, a pioneer in blazing the sports-for-all trail in the schools, is director of

intramural sports at the University of Michigan and editor of *The Journal of Health and Physical Education*. Bernard Mason won the praise and gratitude of all progressive camp directors and counsellors three or four years ago with his book *Camping and Education*.

There never has been a satisfactory explanation of play, though many of the great minds of the past have attempted to explain and define that impulse which causes the infant in his diapers to plaster mud pies over the doorstep and an Oil Baron in his nineties to pursue a little white ball over Florida's fairways.

We play for one of a number of reasons, whether we know it or not. There are four traditional theories of play, and several others a little short on tradition. You may have a theory of your own, and you can tell whether it is original or not by referring to the chapter "Theoretical Explanations of Play." The four traditional theories of play are: (1) the surplus energy theory or the "blowing off steam" theory; (2) the recreation theory, which offers play as a refreshment rather than as a safety valve, but the two points of view are easily reconciled; (3) the instinct-practice theory, which offers instinct as the motivating factor in play and states that play is a preparation for adult activities; (4) the recapitulation theory, which has it that our play is a re-living of the past, a rehearsal of the activities of our ancestors. This is a most interesting theory, the product of G. Stanley Hall, great authority on adolescence, and the authors' comments on and challenge of it are typical of the fine, open and objective attitude that is maintained throughout the book.

The play interest and recreational needs of human beings vary considerably from infancy to old age. During the pre-school period and through the elementary school, children imitate, play-act and make-believe, and their games are of the individualistic, rather than the team type. The authors list marbles, boxing, wrestling, roller skating, climbing, riding, running and coasting in wagons as samples of what attracts these youngsters.

"Not until the seventh and eighth grades do we find the cooperative element of team play creeping in, and then only to a small degree," the authors state, and add: "There is no thought of specialization; instead, the child wants to flit from game to game, never being interested very long in one activity."

Of course there are exceptions here. I am thinking of a number of seventh and eighth graders devoted to tennis,

swimming or fencing, with no thought for another sport. This concentration usually occurs in a child who has found a special aptitude for the sport of his choice, which is usually an individualistic sport rather than a team sport. It is thought desirable to direct these exceptional children of this age to the team games without disparaging their favorite sport.

The junior high school is "where the child should receive a broad and general course covering all our team games, for certainly there should be no attempt yet at specialization in any one sport."

The age from 15 to 19, after the junior high school period, is the period when specialization should be started, with the vigorous sports being stressed. There are four reasons for emphasizing the vigorous sports, stated by the authors as follows:

"First, because they coordinate the body at a time when the school work is striving to coordinate the academic activities; second, because the desire to win makes the player willing to obey the training rules—a group of hygienic laws—an important matter in this habit—and attitude-forming period of his life; third, because the effects of physical exercise are more far-reaching than the benefits pertaining to the body alone—there are mental and moral results as well—and it is the team game that best promotes the qualities needed; and fourth, because of the pedagogical principle that the value of subjects in the high school depends largely on the interest they create. Therefore the boy will gain most from the type of exercise he likes, which, in the vast majority of cases, will be some branch of team sport."

The chapter on "Athletics in High Schools and Colleges" presents a clear

picture of the school and college athletic scene with its shadows of commercialism, and recruiting and the present status of scouting, heavy schedules, national meets, barnstorming trips, spring football, special tutoring for athletes behind in their school work, and the training table. On the brighter side, due consideration is given to the trend toward intramurals, play days for girls and sports days for boys where a large group of students visit another school for athletic competition, all in the capacity of participants.

The authors' handling of the widely argued question: Are the lessons of sportsmanship, etc., that are learned on the athletic field and in the gymnasium transferable to the business world and other life situations outside athletics?—is a typical example of their well-poised treatment of common prejudices. The athletic moralist who claims that a boy who plays fair in basketball will never steal from his mother's purse is due for a rude awakening if he gets as far as "The Problem of Transfer" in the Mitchell-Mason book. It has long been established that when situations differ as much as they do between an episode in a football game and an episode in business life there is no basis for concluding that because a player in the football game does not talk indecently to the referee he will later always speak in thoughtful tones to his wife. On the other hand, he may have been a regular chiseler and double-barrelled cusser in football and turn out to be a darling lamb around the

house. The explanation is that so many other factors have entered into making the differences. But it is encouraging to find that transfer can be made more probable by an alert and understanding worker:

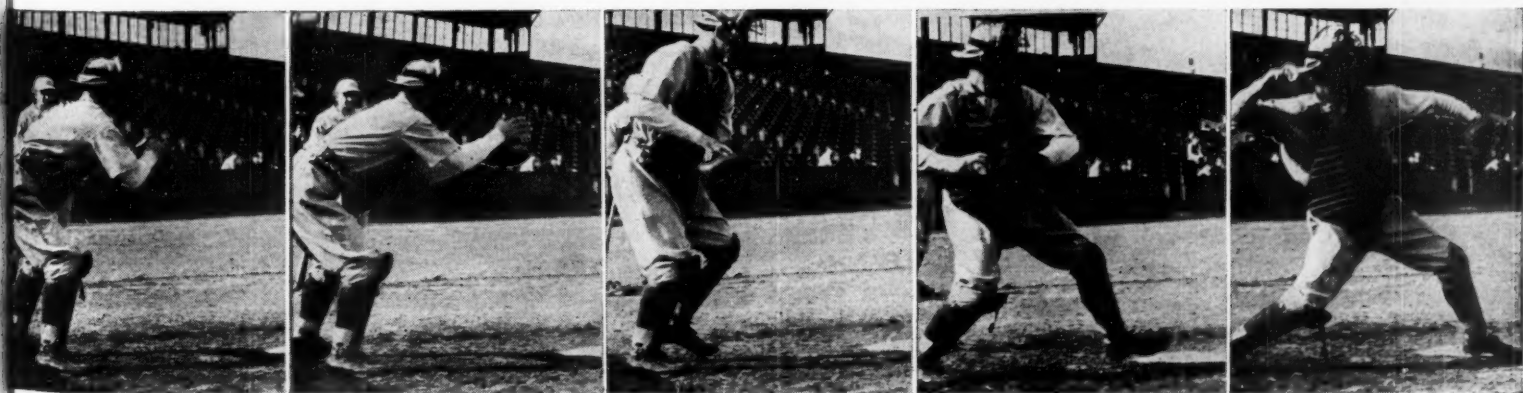
"This fact that specific learnings transfer only to very similar situations would be discouraging to the play leader interested in social education, were it not for a second process.

"If two experiences involving the same social situation are analyzed for the child he may learn the common elements in the two and attach the same trait-name to them. The child may think of obedience to the rules as one thing and obedience to the law as something else, never sensing the common elements, and hence no transfer takes place, but if the common elements are pointed out to him and he grasps the similarity, there is a possibility and a probability of transfer."

There are heavy "ifs" here, affording substantial protection to the authors. They make it clear that the job of transfer is one largely for the athletic instructor or coach, and if left to athletics alone there is no telling what will transfer.

To complete their comment on transfer the authors call attention to the equal possibility and probability of learning and transferring socially undesirable attitudes.

The reader is never left guessing as to how the authors feel about certain activities and types of programs. It is always apparent where they stand—usually some years ahead of their time. The high school coach and physical education worker will find that this book has something to contribute to his liberal education. I believe that



ABOVE: CATCHER DEMONSTRATING DIRECT THROW TO SECOND BASE, ON BALL THAT COMES OVER THE PLATE OR INSIDE. BELOW: CATCHER DEMONSTRATING THE THROW ON A PITCH-OUT. THE PITCHER PURPOSELY THROWS

A WIDE ONE ON SIGNAL FROM THE CATCHER. AS THE BALL COMES IN THE CATCHER STEPS OUT WITH HIS RIGHT FOOT, SO AS TO BE ON BALANCE TO HANDLE AND MAKE A QUICK THROW OF THE WIDE BALL. TURN PAGE.



it will become required reading in our schools of physical education, but one can put it on his list without becoming a candidate for another degree. Read it for your pleasure and the modernity of your point of view.

JACK LIPPERT

Other books received

POP WARNER'S latest literary effort is in the nature of a friendly, informal chat with any boy between the age of ten and sixteen who would like to imagine himself sitting on one end of a log while Pop Warner sits on the other end talkin' sports. Its very chummy title, *Pop Warner's Book for Boys*, is enough to attract the eye of any young male, and, I confess, at least one male who is certainly not getting any younger. If Pop Warner would produce a book on table manners I believe I would read it. In his *Book for Boys* Pop is, of course, sticking to his field. He tells the story of how baseball, track, basketball and football developed, and then goes on to coach his young readers in each sport. He does a splendid, romantic job of it, glorifying athletics all the way, of course, and always appealing to the better nature. It is written "in collaboration with Frank J. Taylor," so there is no way to tell just where Pop's influence ends and Frank's begins. It is capably illustrated with pen and ink sketches by Richard Stephens, and is the Junior Literary Guild selection for April. (Robert M. McBride & Co., New York, \$2.)

THE Rugby wave has perhaps prompted Scribner's to publish an American edition of *How to Play Rugby Football*, by the great English Rugby football authority, W. J. A. Davies. Unfortunately for us, this book is written from the English point of view, and apparently for English readers. To that end it suits its purpose, and no doubt some of the American Rugby players would find it helpful. But it is not the kind of Rugby book for which America is crying out just now (or am I imagining things?). What we Americans need is a good Rugby text which is both primer and advanced reading in the game. This ought to be written by a man who knows our American football almost as well as he knows Rugby, so that he might use the known game as much as possible in explaining the unknown. *How to Play Rugby Football* has a perfectly thrilling foreword, consisting of a description by a clergyman of his first attendance at a Rugby match. He came away a convert, and his description of the process is, I am inclined to say, well worth the admission price of \$2. (Charles Scribner's Sons, New York, \$2.)

Diet

[Continued from page 15]

Prejudices of the present

So much for the past. What about the present? Have we rid ourselves of baseless prejudices? In many instances we have, but still quite a number of them re-

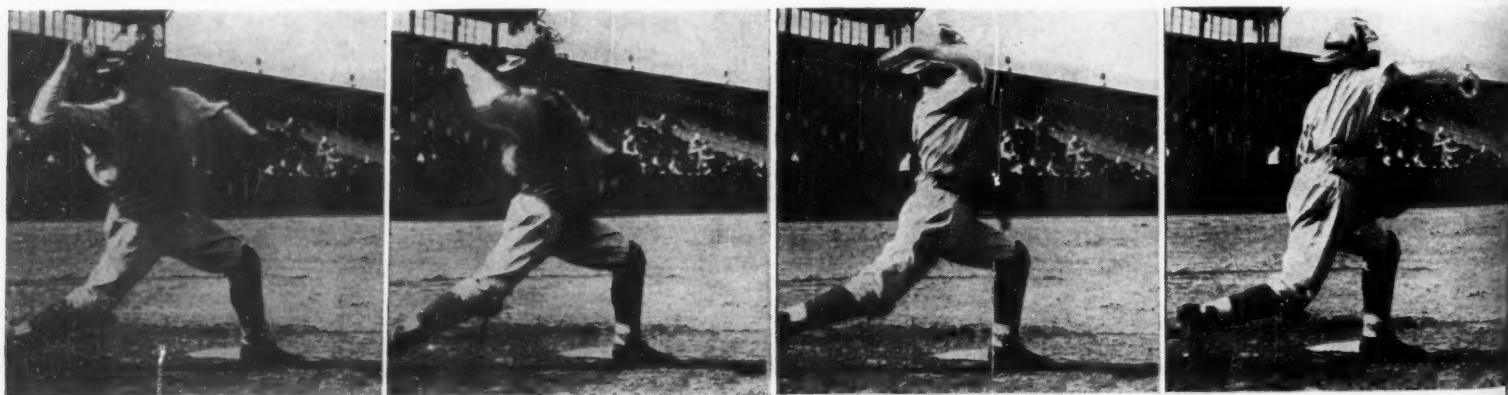
mained. In addition to the old prejudices we have added some new ones!

Here are some of the old practices still found at the present time: Before training starts the bowels are "cleansed." Meat is still considered the strength-giving food. Milk has not won universal approval and still is the subject of ridiculous curtailment. Butter is considered a substance which inevitably causes increase in weight and decrease in endurance. A soup is not always welcome. Soft bread is taboo. Pies are scorned. Bananas are looked upon with suspicion.

What are the newer prejudices that have been added? A complete denial of meat. Use of extreme amounts of roughage. A split-meal system, in which proteins are eaten at a different time from the carbohydrates. Use of sugar or honey immediately before a short race. Overemphasis on alkaline diet.

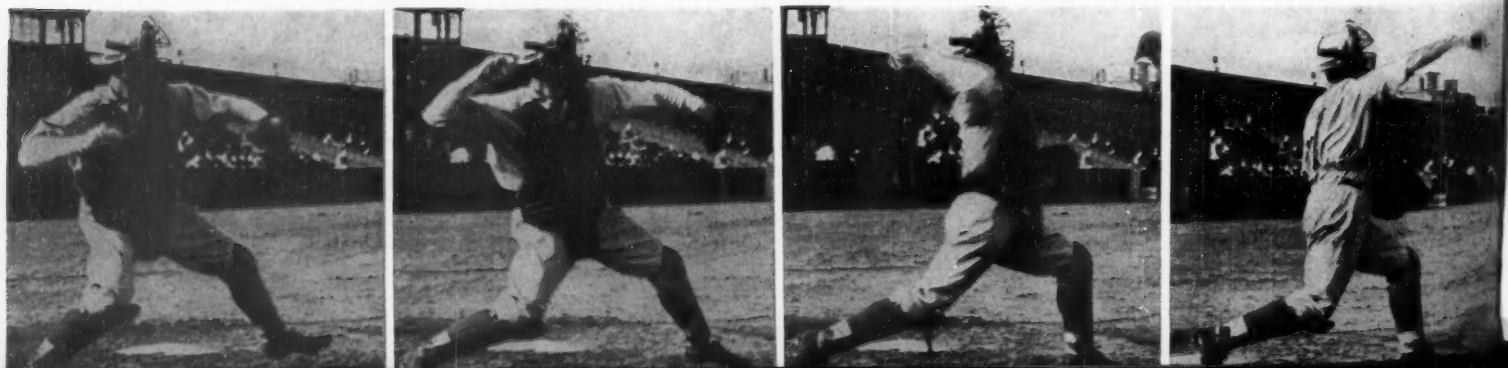
One may now raise the question: If all these prejudices and notions are wrong, why then do people still cling to them?

There are several reasons for this and all of them can be applied to any class of prejudices: (1) The present state of our knowledge of nutrition is as yet inadequate and leaves many loopholes; (2) The power of tradition is stronger than the evidence of an experiment; (3) Many people dealing with problems of diet know too little, and what is unknown to them just does not exist; (4) The use of fragments of knowledge allows an unlimited interpretation. One of the texts in the Gospel of St. John is used as the basis for seven different sects. They all interpret it differently and all feel sure that they are right; (5) There is a woeful lack of training in objective thinking; (6) The human organism has great resisting power and survives almost impossible conditions; (7) The desire to gain notoriety through an "invention" of a new system of diet.



ABOVE (CONTINUED FROM PRECEDING PAGE): THE FINISH OF THE CATCHER'S PEG TO SECOND. THE IMPORTANT WHIP OF THE WRIST HAS BEEN CAUGHT BY THE MOVING-PICTURE CAMERA. BELOW: FINISH OF THE

STEP-OUT AND PEG OF THE WIDE PITCH-OUT. MOVIES BY OWEN REED, DIRECTED BY WILLIAM V. MCCARTHY, JR., NEW YORK UNIVERSITY BASEBALL COACH.



Basketball Review

[Concluded from page 42]

Mission team of St. Francis, S. D., whose members are full-blooded Indians. They presented a rapid-fire attack that sent them through the first two rounds a-flying. Recovering from the opponents' bank-board, they would instantly hurl the ball far down the floor on one pass, where an Indian would appear, as if from ambush, and spear the pass. Their defense, aside from recovery work off the opposition's board, was weak, and this brought about their downfall, but not until they had defeated well-coached teams representing St. Mary's of Niagara Falls, N. Y., and Ursulina of Youngstown, O.

Cathedral of Indianapolis, last year's champion, was weakened by the loss of several regulars but managed to give Catholic High of Joliet, this year's winner, a stiff fight before being nosed out in the quarter-finals.

Corpus Christi of Galesburg, Illinois, had a splendid team, capably coached by Harry Ball, former Butler mentor. This team used a 2-1-2 zone defense effectively. However, St. Patrick of Chicago surprised them with a zone defense which Corpus Christi was unable to penetrate.

This same St. Patrick team made a most impressive showing, using both a zone and a man-to-man defense to confuse the opposition. On offense they would weave and wait the chance for a cut or a good set shot.

St. Philip's was possibly one of the finest teams in the tournament. Unfortunately, they lacked size and it was the old story of the good big team against a good small team.

Campion of Prairie du Chien, Wisconsin, played a set game. Signals were given on each play. The players were very aggressive defensively, but again they too lacked size. At times, their set play attack seemed to become too mechanical.

The two finalists, St. Mary's of Stockton and Catholic High of Joliet were ideal champions; both had size and science. The

Joliet boys were smooth, clever, experienced players. They were practically certain to control the tip-off, as their center was 6 foot 6 inches. Joliet used this center offensively under the basket and although he fed his teammates occasionally, he was primarily a scorer.

St. Mary's used a set offense, keeping the center of the floor open and passing the ball back and forth in the front-court, leisurely awaiting a cut down the center or a pick-off by one of the side men. Because of this style of offense the opposing team did not have possession of the ball long enough to enable them to run up a large score. St. Mary's used a strict man-for-man defense.

Throughout the tournament the ten-second rule was enforced but the three-second rule, due to the fact that several teams were not familiar with it because it was not adhered to in their leagues, was not enforced.

LEONARD SACHS

"Eastern States" Tourney

THREE teams stood out above the others in the fifteenth playing of the Eastern States Scholastic Basketball Tournament at Glens Falls recently and each of the three presented a distinctly different type of play.

One of the teams was Roxbury Preparatory School, which came to Glens Falls undefeated, lost by one point to Oswego, N. Y., High School in the semi-finals, and then went on to take the third-place trophy by winning the consolation game from St. Michael's High School of Northampton, Mass.

Roxbury was a typical prep school team, by which is meant that it was composed of star players who had received their training in fundamentals in different secondary schools and under coaches whose systems widely varied. It was a team of stars, capably coached, and in its right moments no doubt the most powerful club in the tournament. Its weakness can best be described by quoting a remark made to the writer several years ago by Ernest Blood, who will be remembered as the

master mind behind the famous Passaic, N. J., High School "wonder teams" and who now is in charge of basketball at St. Benedict's Prep in Newark, N. J. Blood came to Glens Falls with a St. Benedict's team shortly after Passaic, coached by his successor, Amassa Marks, had had three big years in the Eastern States tournament. "I can't quite show you my stuff with a prep school team," he said, "because you can't hammer a special system into the minds of youngsters in a short space of time. My boys will play as I want them to play just as long as they don't get excited. When they do get excited, unconsciously they slip back into the habits which they learned more thoroughly under some other coach. Those old habits may be better than the new ones, but that isn't the point. Five different styles don't accomplish results when they are all on display at once. Back in Passaic things were different. When those boys got excited they couldn't change their styles, because the only basketball they knew was what I started teaching them in the grades."

The second of the three teams referred to above is Union Hill High of Union City, N. J., which came to defend its tournament championship after losing a tight game to Trenton High in the New Jersey state finals. Union Hill went in for individualism in the sense that one player dominated the other four and did their thinking for them. Coach "Skeets" Wright, who is doing remarkable work at Union Hill, had to work things out this way because his captain was the only veteran on the team. Union Hill lost to Oswego in a nerve-racking game which ended 25-23, and it is probably fair to say that fleeting moments of lost concentration, just enough to mean the difference between victory and defeat, can be cited as the cause of Union Hill's defeat.

Dave Powers' Oswego team perhaps did not quite have the finesse which either Union Hill or Roxbury showed in their high moments, but it went through because it was in no way handicapped by individualism. The five-man game won.

RALPH KNIGHT

When making requisitions for your athletic supplies, don't forget

HUXLEY'S RUBDOWN

175 VARICK STREET

NEW YORK CITY



THIS IS AN ACTUAL MINIATURE REPRODUCTION OF ONE OF THE ILLUSTRATIONS IN

HOLMES' "MOVIES ON PAPER"

Discus throw, shot put, javelin, hammer, high jump, broad jump, sprinting, middle-distance running, hurdling, relay racing, pole vault, all stages of every event.

1934 EDITION
Now only \$2.50
Postpaid—Immediate Delivery

Shows every move made by world's stars in actual competition. Drawn by Mr. Holmes from his moving picture films of the world's leading performers in each event. Also for sale or rent, Holmes' moving picture film, 16 mm., of the Olympic Games. Write for information to:

DAVID L. HOLMES, Ath. Dir.
COLLEGE OF THE CITY OF DETROIT, DETROIT, MICH.

Willis Ward of Michigan, national interscholastic high jump record holder. One of four high jumpers in "Movies on Paper." Actual size of book is 8" x 22".

SEE How the Great Ones Do It!
The fastest seller on the market.

Order NOW!

Improve Your Game *with . . .*

DUBOW BASKET BALLS



D35

Dubow Basket Balls are Approved by the National Federation of High School Athletic Associations. The D35, shown at the left, is made of the finest selected pebbled grained cowhide, specially tanned for this purpose. Equipped with an approved type of valve bladder, easily inflated. Each ball is laced, tested and inspected at the factory by a former college coach and is ready for inflation when purchased.

Besides the D35, there are many other Dubow models. The prices are easily within the reach of your most economical budget. Ask your dealer to tell you more about these fine basket balls, or write direct to

J. A. DUBOW MANUFACTURING CO

1907-13 MILWAUKEE AVE., D-5, CHICAGO, ILL.

READERS of SCHOLASTIC COACH may use this convenient form to obtain sample goods and brochures from the advertisers who announce that they have free material to offer those who apply. This form may be sent directly to SCHOLASTIC COACH advertising department, 155 East 44th Street, New York, N. Y., from which point the advertiser will be notified of the requests. Check carefully what you want.

ANTIPHLOGISTINE

☐ Free sample

ABSORBINE, JR.

☐ Free sample

BAY COMPANY

☐ Sample of ORTHALET-IC Plaster

BECTON, DICKINSON

☐ Ace Athletic Manual

W. A. BICKEL

☐ Tennis stringing, details

BROOKS SHOE MFG. CO.

☐ Information

COACHING SCHOOLS

Information, brochure

☐ Colgate

☐ Lafayette College

☐ Lieb-Meanwell

☐ Lou Little

☐ Moorhead

☐ New England

☐ North High, Columbus

☐ Penn State

☐ Springfield

☐ Texas Tech

☐ Ursinus

COLLEGE EMBLEM SHOP

☐ Particulars

DRAPER-MAYNARD CO.

☐ New catalogue

DUBOW MFG. CO.

☐ Information

DUNLOP TENNIS

BOOKLET

☐ "Stoking With Vincent

Richards." How Many?

INDERA SWIM SUITS

☐ 1934 Catalogue

IVORY SYSTEM

☐ Standard Form Contract

Reconditioning athletic

equipment.

JULES RACINE

☐ Catalogue, Sport Timer

E. P. JUNEMAN CORP.

☐ Booklet, "Tennis Hints."

KELLOGG'S

☐ "Baseball" book

MITCHELL & NESS

☐ 1934 Football catalogue

NARRAGANSETT MA-

CHINE CO.

☐ Circular

A. J. REACH, WRIGHT & DITSON CO.

☐ Catalogue

ROCKY MT. TEACHERS

AGENCY

☐ Enrollment Card.

ROUNSEVELLE-ROHM

☐ Students' Handbook

of Archery

SHREDDED WHEAT

☐ Additional posters.

How many?

A. G. SPALDING & BROS.

☐ Catalogue

UNITED FRUIT CO.

☐ Booklet, "The Banana

Comes Into Its Own."

VICTOR ANIMATOGRAPH

☐ Your Own Movies,

pamphlet.

VICTOR TENNIS STRINGS

☐ Booklet, "Footwork and

Balance in Tennis"

ZONITE

☐ "Athletes' Foot" Book-

let. How many? Sample.

NAME.....

POSITION.....SCHOOL.....

(Principal, coach, athletic director, physical director)

SCHOOL ADDRESS.....

CITY.....STATE.....

Cunningham

[Continued from page 11]

320 yards in 43 seconds, running 7.3 yards a second in the third quarter and 7.4 yards a second the rest of the way. But the main point is that Bonthron and Venzke virtually matched him, yard for yard, in this terrific drive, Glenn being able to keep in front of them to the tape, to get his record of 3:52.2."

Why didn't Cunningham come up on his toes and sprint at the end in the manner of a Bonthron or a Follows?

Cunningham himself answered this, "The transverse arch of my left foot is broken down," the Kansan explained. "I don't know how or where it happened, probably jumping about as a boy, but I haven't any arch to enable me to get up on my toes."

So Cunningham drives all the way using the same muscles, whereas Bonthron, by getting up on his toes, is able to bring a fresh set of muscles into play for his final sprint. Still Cunningham does well enough, all things considered, without a "bicycle kick."

When, and if, a 4:04 mile is run, and Cunningham thinks it likely in the not too distant future, he believes the way to do it would be four quarters as near 61 seconds as possible. From the viewpoint of a runner who has made the milers "second-half conscious," he thinks a 2:03 first half and a 2:01 second half would be preferable, rather than the reverse.

Cunningham earned more honors than merely an indoor record and the fastest American mile in his final New York appearance. He became the first to produce two miles under 4:10, one outdoors, the other indoors. And his record of five 4:12 miles or better can be matched by no one else. There must be something, therefore, to the Cunningham style of a faster second-half, for it has produced more fast miles than any miler in history can claim, and he shows no sign of having attained his limit.

Five times so far Cunningham has run the mile in 4:12 or better. In this respect he is perhaps the outstanding miler in track annals. Jack Lovelock, the New Zealander at Oxford, has run only his world's record race of 4:07.6 in time better than 4:12. Cunningham's five best miles:

1932—N. C. A. A. mile, outdoors.....4:11.1
1933—Columbian mile, indoors.....4:12
1933—N. C. A. A. mile, outdoors.....4:09.8
1934—Wanamaker mile, indoors.....4:11.2
1934—Columbian mile, indoors.....4:08.4

In high school Cunningham's five best miles were:

1929—National Interschol., outdoors..4:33.6
1929—Kan. State Interschol., outdr...4:35
1930—National Interschol., outdoors..4:24.7
1930—Kan. State Interschol., outdr...4:28.3
1930—Kan. Relays, Interschol., outdr...4:30.5



"HOLD THAT TIGER!"

24 Positions, with Salary and Commission

await men who can sell Athletic Goods, Knokabout jackets, embroidered with school emblems, and many other new lines, rapidly spreading throughout the States. A complete sales re-organization, with far more extensive lines, creates these 24 openings. Only real "live wires," interested in sports, full of pep, who have car, need apply. Complete equipment furnished on bond. Salary each two weeks.

THE COLLEGE EMBLEM SHOP 5301 Grand River Ave.

DETROIT, MICH.



"GO GET 'EM, BULLDOG!"

Buyers' Guide

A Classified Directory of Scholastic Coach Advertisers,
Presented for the Convenience of High School Buyers

Football Equipment

- A. G. SPALDING & BROS.**
Full line of football equipment
WILSON-WESTERN SPORTING GOODS CO.
Full line of football equipment
J. A. DUBOW MFG. CO.
Full line of football equipment
DRAPER-MAYNARD CO.
Full line of football equipment
A. J. REACH, WRIGHT & DITSON, INC.
Full line of football equipment
COLO MFG. CO.
A rosin paste for the hands
MARTY GILMAN SPORTING GOODS CO.
Blocking dummies and pyramids
JOHN T. RIDDELL, INC.
Football shoes
KEN-WEL SALES CO., INC.
Andy Kerr Red Raider line
MITCHELL & NESS
Full line of football equipment
BROOKS SHOE MFG. CO.
Football Shoes
JOHN WANAMAKER
Full line of football equipment
E. C. STERNAMAN
Football shoes, cleats

Baseball Equipment

- HILLERICH & BRADSBY**
Louisville Slugger bats
A. J. REACH, WRIGHT & DITSON, INC.
Full line of baseball equipment
DRAPER-MAYNARD CO.
Full line of baseball equipment
J. A. DUBOW MFG. CO.
Full line of baseball equipment
MITCHELL & NESS
Full line of baseball equipment
WILSON-WESTERN SPORTING GOODS CO.
Full line of baseball equipment
A. G. SPALDING & BROS.
Full line of baseball equipment

Training Room Supplies

- BECTION, DICKINSON & CO.**
Ace bandages
THE BAY CO.
Orthaletic Plaster
DENVER CHEMICAL CO.
Antiphlogistine
W. F. YOUNG, INC.
Absorbine Jr.
ZONITE PRODUCTS CO.
Zonite for athlete's foot
HUXLEY LABORATORIES
Huxley's Rubdown
HUNTINGTON LABORATORIES
Derma-San for athlete's foot
A. G. SPALDING & BROS.
Full line of training room supplies
DRAPER-MAYNARD CO.
Full line of training room supplies
SMITH, KLINE & FRENCH LABORATORIES
Eskay's Dexterettes, energy restorative
WILSON-WESTERN SPORTING GOODS CO.
Full line of training room supplies
A. J. REACH, WRIGHT & DITSON, INC.
Full line of training room supplies
DIAMOND CHEMICAL WORKS
Podene, for athlete's foot

Equipment Reconditioners

- IVORY SYSTEM**
THE RECLAIMING CO.

Teachers Agencies

- CONTINENTAL TEACHERS AGENCY**
ROCKY MT. TEACHERS AGENCY
THE COACHES BUREAU

Stop Watches

- JULES RACINE CO.**
PASTOR STOP WATCH CO.

Basketball Equipment

- WILSON-WESTERN SPORTING GOODS CO.**
Full line of basketball equipment
CONVERSE RUBBER CO.
All-Star basketball shoe
HOOD RUBBER PRODUCTS CO.
The Hood basketball shoe
DRAPER-MAYNARD CO.
Full line of basketball equipment
A. G. SPALDING & BROS.
Full line of basketball equipment
MISHAWAKA RUBBER & WOOLEN MFG.
Ball-Band basketball shoe
JOHN T. RIDDELL, INC.
Basketball shoes
DOREX SHOE CO.
Hinkle's All-American basketball shoe
J. A. DUBOW CO.
Full line of basketball equipment
A. J. REACH, WRIGHT & DITSON, INC.
Full line of basketball equipment
MAHLER TEXTILE CO.
Argentine Cloth for girls' uniforms
KEN-WEL SALES CO., INC.
Full line of basketball equipment
MITCHELL & NESS
Full line of basketball equipment

Track and Field Equipment

- A. J. REACH, WRIGHT & DITSON, INC.**
Full line of track and field equipment
J. A. DUBOW MFG. CO.
Full line of track and field equipment
A. G. SPALDING & BROS.
Full line of track and field equipment
WILSON-WESTERN SPORTING GOODS CO.
Full line of track and field equipment
DRAPER-MAYNARD CO.
Full line of track and field equipment
JOHN T. RIDDELL, INC.
Track shoes
HOOD RUBBER PRODUCTS CO.
Trackshu
BROOKS SHOE MFG. CO.
Track Shoes

Publishers

- A. S. BARNES & CO.**
CHAS. SCRIBNER'S SONS
G. P. PUTNAM'S SONS
ASSOCIATION PRESS
MCGRAW-HILL PUB. CO.

Training Table Foods

- GENERAL FOODS CORPORATION**
Postum, Post's 40% Bran Flakes
PLANTERS NUT & CHOCOLATE CO.
Planters Peanuts
THE QUAKER OATS CO.
Quaker Oats and Mothers' Oats
UNITED FRUIT CO.
Bananas
KELLOGG COMPANY
Rice Krispies, Pep, Corn Flakes
R. B. DAVIS CO.
Cocomalt
NATIONAL BISCUIT CO.
Shredded Wheat

Tennis Equipment

- ARMOUR & CO.**
Armour tennis strings

Tennis Equipment

- DRAPER-MAYNARD CO.**
Full line of tennis equipment
VICTOR SURGICAL GUT MFG. CO.
Victor tennis strings
DUNLOP TIRE AND RUBBER CO.
Tennis balls and racquets
HOOD RUBBER PRODUCTS CO.
Tennis shoes
A. G. SPALDING & BROS.
Full line of tennis equipment
THE E. P. JUNEMAN CORP.
Juneman's tennis gut
CONVERSE RUBBER CO.
Tennis shoes
WILSON-WESTERN SPORTING GOODS CO.
Full line of tennis equipment
W. A. BICKEL
Re-stringing vise
NARRAGANSETT MACHINE CO.
Tennis racquets
A. J. REACH, WRIGHT & DITSON, INC.
Full line of tennis equipment
THOMPSON MANUFACTURING CO.
Tomgut tennis strings

Gymnasium Equipment

- NARRAGANSETT MACHINE CO.**
Gym apparatus, mats, etc.
HUNTINGTON LABORATORIES
Seal-O-San, floor preservative and wax
A. J. REACH, WRIGHT & DITSON, INC.
Full line of equipment
DRAPER-MAYNARD CO.
Full line of equipment
WILSON-WESTERN SPORTING GOODS CO.
Full line of equipment
STERLING PRODUCTS CORP.
Tilite, for cleaning pool, shower floors
J. A. DUBOW MFG. CO.
Full line of equipment
A. G. SPALDING & BROS.
Full line of equipment
PETERSON & CO., Gym mats

General Sports Equipment

- BIKE WEB MANUFACTURING CO.**
Supporters
KANGAROO ASSOCIATION
Kangaroo leather for athletic shoes
G. E. PRENTICE MFG. CO.
Prentice Slide Fasteners
SEAMLESS RUBBER CO.
Supporters and ball bladders and valves
3-IN-ONE OIL
For conditioning and preserving leather
A. G. SPALDING & BROS.
All equipment
DRAPER-MAYNARD CO.
All equipment
A. J. REACH, WRIGHT & DITSON, INC.
All equipment
WILSON-WESTERN SPORTING GOODS CO.
All equipment
J. A. DUBOW MFG. CO., All equipment

Miscellaneous

- VICTOR ANIMATOGRAPH CORP.**
Moving picture equipment
BASS CAMERA CO.
ROUNSEVELLE-ROHM
Archery equipment
COLLEGE EMBLEM SHOP
"Knockabout" Jackets; chenille letters
CHICAGO PENNANT CO.
Pennants, emblems
METAL ARTS CO.
Trophies, pins, miniature balls
CENTRAL SPECIALTIES CO.
Professional action posters

The Players That Bloom in the **SPRING**



....frequently adorn the grandstand during the regular season—because of inadequate protection.

Your best men are always your most active men. They may be tough or they may be brittle but they are only human. Your budget for accessories this year should include Bay's ORTHALETIC Plaster, especially made for athletic use and protection.

It has an extra heavy back that provides strength both ways. You don't have to

bind or constrict to support or protect. Uncomfortable tension is unnecessary. Skin tissues are not injured.

ORTHALETIC Plaster is the real thing, as you'll readily see when you handle it. It reduces effects of shock in action, too. Coaches and Trainers who try it out won't do without it.

The coupon will bring you a sample and some practical suggestions on how to make effective strap-pings.

SURGICAL **BAY'S** DRESSINGS

THE BAY COMPANY
BRIDGEPORT CONNECTICUT
A DIVISION OF
PARKE, DAVIS & CO.

THE BAY COMPANY, BRIDGEPORT, CONN. SC5
Gentlemen: Please send me sample of ORTHALETIC Plaster.

Name.....

Address.....

Institution.....

